**DOT Exam Checklist**

Please bring additional documentation to your DOT exam if you have any of the following medical conditions.

\_\_\_\_1. If you have had a **heart attack, stent placement, heart surgery, or chest pain** please bring a letter from your cardiologist indicating whether your cardiac problem is stable along with results of your most recent exercise tolerance test and echocardiogram. See frequency of stress testing below:

1. Open heart surgery- stress test every year starting 5 years after surgery.
2. Stents, heart attack, chest pain- stress test every 2 years.

\_\_\_\_2. If you have a **pacemaker**, please bring documentation of pacemaker checks.

\_\_\_\_3. If you have **diabetes**, please bring a copy of your HbA1c results within 3 months along with a letter from your treating provider stating that your diabetes is controlled. If you are taking **insulin**, bring the *Insulin-Treated Diabetes Mellitus Assessment Form* completed by your treating provider.

\_\_\_\_4. If you are being treated for **ADHD**, please bring a letter from your treating provider stating that your ADHD is controlled and you can safely operate a commercial vehicle.

\_\_\_\_5. If you are being treated for any **mental illness** (anxiety, depression, bipolar, PTSD, etc), please bring a letter from your treating provider indicating that your condition is controlled, your medications do not impair your judgement, and you are able to safely operate a commercial vehicle.

\_\_\_\_6. If you are taking any **medications that could impair judgement** including but not limited to narcotics (Percocet, Vicodin, etc) and benzodiazepines (Xanax, Ativan, etc), please bring a note from the treating provider indicating that your medical condition is stable, you are compliant with treatment, and the medication does not impair your ability to operate a commercial vehicle.

\_\_\_\_7. If you have **sleep apnea** and are treated with a CPAP machine you will need to bring a compliance report indicating how often you are using the machine. The DOT requires that you use the machine >4hrs/night for >70% of the time. The medical supply company that manages the machine will be able to print this for you or fax it to our office.

\_\_\_\_8. If you have had a **stroke, seizure, traumatic brain injury or TIA** you will need to bring a clearance letter from your neurologist.

If you are treated for high blood pressure, please make sure you take all your medications and follow up with your provider regularly. If your blood pressure is >140/90 at your DOT exam, the examiner will issue a three month DOT card and a new physical exam will need to be completed at the end of the three month period per DOT regulations.