

DOT Checklist



EMPLOYEE NAME	
APPOINTMENT DATE	PROVIDER

The Industrial Medicine Department at PrairieStar Health Center offers the following suggestions to drivers and employers about planning ahead to make your DOT exam more efficient. If you have any questions before your exam, please contact us at the number listed below. We look forward to serving you.

ALL DRIVERS

*** BRING YOUR DRIVER'S LICENSE. WE CANNOT DO THE EXAM WITHOUT IT.**

- * Bring a complete list of **ALL** medications, including the doses and the prescribing doctors' name, address and phone number. You may bring the bottles if you wish. It is required by federal law for you to inform your DOT examiner of **EVERY** medication you take.
- * We encourage you to complete **Section 1: Driver Information** of the exam paperwork (driver's portion) before coming to the center to save time.

DRIVERS WHO HAVE HIGH BLOOD PRESSURE

- * Your blood pressure **MUST** be below 140/90 on the day of your exam, or you may not qualify for a DOT card. If you are unsure if your blood pressure is below this level, visit your doctor to discuss prior to coming to the center. To help ensure your blood pressure is controlled, get a good night's rest the night prior, and avoid smoking or drinking caffeine prior to your visit.

DRIVERS WHO REQUIRE EYEGLASSES, CONTACT LENSES OR HEARING AIDS

- * Bring your glasses, contacts or hearing aids.
- * You will be required to pass a vision and hearing test.

DRIVERS WHO HAVE DIABETES

- * Your blood sugar should be controlled.
- * Bring the most recent results of a lab test called a Hemoglobin A1C (HgA1C) and your blood sugar logs or other records related to your diabetes. Your documents should be less than 6 months old, and the A1C will need to be 10 or less to qualify.

DRIVERS WHO HAVE NIGHTTIME SLEEP DISTURBANCE (sleep apnea) and USE A CPAP MACHINE

- * Bring a clearance/compliance statement from your sleep specialist that is compliant with federal guidelines. If there is suspicion for sleep apnea, a sleep test may be recommended.

DRIVERS WHO HAVE HEART OR BLOOD VESSEL RELATED ISSUES (heart stents, valve replacement, pacemaker, open-heart surgery, cardiac bypass surgery, heart attack, irregular heart rhythm/beat, enlarged heart, aneurysms, arterial disease)

- * At minimum, bring a letter from your cardiologist (heart specialist) that outlines your medical history and current medications, and indicates you are safe to drive a DOT vehicle.
- * Bring copies of all related testing done within the last 5 years, including stress tests, echocardiograms, pace-maker checks, etc.

DRIVERS WHO HAVE SUFFERED A STROKE, BRAIN TUMOR, SEIZURE DISORDER OR BLEEDING IN THE BRAIN

- * Bring a letter from your neurologist (brain and nerve specialist) that outlines your medical history, current medications, and current neurologic and psychiatric state with regards to safety to drive a DOT vehicle.



DRIVERS WHO HAVE EXPERIENCED THE PERMANENT LOSS OF USE IN AN ARM OR LEG

- * Bring an overview, from your physician, of the injury and any work restrictions due to the injury.
- * You may need a Skilled Performance Examination in order to qualify for your DOT card.

DRIVERS WHO ARE TAKING ANY MEDICATIONS THAT MAY CAUSE SEDATION OR SLEEPINESS, OR CONTROLLED SUBSTANCES (includes narcotics, sleeping pills, anxiety medication, ADHD medication, etc.)

- * You will need a note and medical records from your treating physician regarding the safety of driving a DOT vehicle while using these medications.
- * Some medications are disqualifying. You should always check with your physician prior to starting a new medication if it is allowed for DOT drivers.

DRIVERS WHO ARE TAKING THE BLOOD THINNER COUMADIN (Warfarin)

- * Bring your INR lab results for the last 1 month showing regulation of your coumadin.

If you are uncertain if you will qualify for a DOT card, you may want to schedule a visit with your primary or specialty physician BEFORE your re-certification date. Each physical examination, just like each DOT applicant, is unique. If you do not pass the exam, or get a short term certificate, you will be required to undergo a repeat exam within specified guidelines.

The above are guidelines only, and not meant to be all inclusive or as a guarantee of passing the exam. Additional testing or information may be required by your DOT examiner.