

Rules governing the DOT medical exam continually change with the Department of Transportation. In an effort to best assist our patients we work hard to help them keep up with the constant changes in regulations. Below are a few medical conditions and the requirements set forth by the DOT for updating your DOT certificate.

- 1) If you wear correction for your vision, please remember to bring your glasses with you to your visit. Eye requirements state that a patient's vision has to be at 20/40 or an optometrist letter is required stating your vision.
- 2) If you wear hearing aids please remember to bring them with you to your visit. Please remember also to bring extra batteries with you.
- 3) For heart conditions such as
 - a) **Coronary heart disease** you will need to see your cardiologist yearly and bring a copy of the documentation from your visit with you. This documentation must include a copy of a yearly stress test.
 - b) **Post MI** patients will also need to be seen yearly by a cardiologist and you will need to bring a copy of your ECHO with you to your DOT appointment.
 - c) **A FIB or A Flutter** you will need to bring your last lab work with you. This includes a monthly record of your PT/INR level. You must have a stable or therapeutic level within the last month to qualify.
 - d) **Mitral Regurgitation** you will need an annual letter from your cardiologist and a copy of an ECHO on file for that year.
 - e) If you have a **pacemaker** please remember we will need a copy of your annual pacemaker check documented on file.
 - f) If you have a history of an **abdominal or thoracic aneurysm** you will be required to see your thoracic specialist yearly and a copy of an ultrasound on file.
- 4) If you have any **neurological** problems such as chronic dizziness, stroke, or syncope you will be required to bring a letter from a neurologist to your appointment.
- 5) If you are **diabetic** you will be required to bring a 30 day log of your blood sugars with you and to have had an HGB A1C within the last 6 months.
- 6) If you have **sleep apnea** and use a CPAP or BPAP machine you will need to bring a 30 day log to your appointment. This log can be obtained from the supplier of your machine.
- 7) Please bring a copy of your medications with you to your appointment.
- 8) Please if you have a history of hypertension it is a good idea to be checking your blood pressure periodically before your DOT exam. DOT requires that your blood pressure has to be at or below 140/90. Please avoid all caffeine prior to your exam to help us in reaching this goal.

Please remember we are here to help you through this process and make it as easy as possible for you. If you have any questions please call Sonya Bellon, RN Occupational Health Nurse at (641) 774-3371.