

What to Bring to Your DOT Physical Exam Appointment

▪ All Drivers

- Bring a list of all of your medications including over the counter (OTC) with dose and frequency taken.
- Bring valid legal photo ID including drivers license, state ID, passport, or employer provided ID.

▪ Vision/Hearing

- If you wear glasses, contact lenses, or hearing aids, bring them.

▪ Hypertension

- If you have high blood pressure, note that your BP must be below 140/90 on the day of your exam or you may not qualify for your medical card.

▪ Diabetes

- Bring your most recent Hemoglobin A1C lab test, your blood sugar logs, any other records related to your diabetes.

For insulin treated diabetics, you must have form MCSA-5870 completed by your treating physician. The certified medical examiner must receive this form and begin the DOT examination no later than 45 calendar days after the diabetes treating clinician signs the MCSA-5870 form.

▪ Sleep Apnea/CPAP use

- For chronic CPAP use (one year use or longer), bring downloaded compliance report demonstrating CPAP use at least 4 or more hours per night on at least 70% of nights from the date of the last exam or minimum of one year.
- For new CPAP use, bring downloaded compliance report from the 1st day of use to present day with a minimum of 30 days detailing CPAP use at least 4 hours per night on at least 70% of nights.

▪ Heart disease/heart problems including heart attack, heart surgery, valve replacement, stents, and/or pacemaker

- Bring a letter from your Cardiologist that details your medical history, medications, and that you are considered fit to drive a DOT vehicle.
- Bring results of your stress test, echo cardiogram and/or other heart testing done in the last 1-2 years.

▪ Stroke, brain injury, seizures

- Bring a letter from your Neurologist detailing your medical history, medications, and current neurologic condition.

▪ Permanent loss of arm or leg

- Bring a letter from your physician detailing the injury and whether there are any work restrictions.

▪ Using medications that cause sleepiness and/or impaired judgment including narcotics, anxiety meds, sleeping pills, and/or ADHD meds

- Bring a letter from your physician who's prescribed this/these medication(s) stating that you can take these medications while working in a safety sensitive position.

▪ Using medications called blood thinners

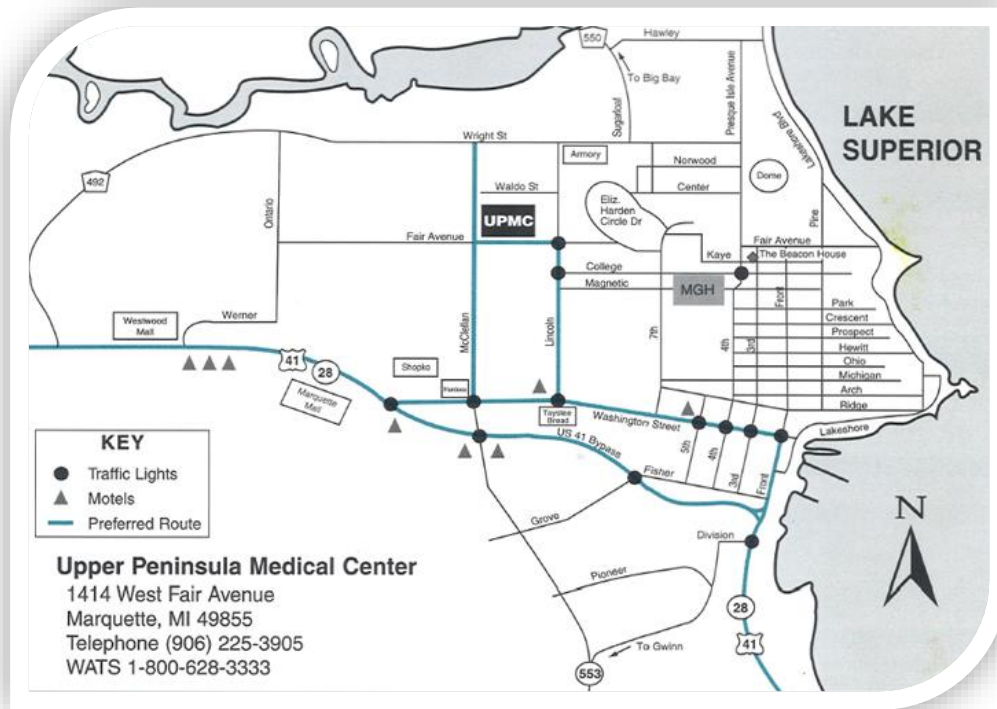
- Bring a letter from your physician with your last INR result.

▪ These guidelines are to assist you in preparing for your DOT physical

- If you have any of the health problems listed, you may be best served to see your primary care provider prior to your DOT physical exam in order to be prepared with necessary letters/results.
- Phone Occupational Medicine prior to your DOT physical if you have any questions at 906-449-1140 (Marquette appointments) or 906-786-0440 (Escanaba appointments).

UPHS-Marquette Occupational Medicine

at the Peninsula Medical Center, 1414 W. Fair Ave., Suite 35, Marquette, MI 49855



And at Doctors Park, 710 S. Lincoln Rd., Suite 800, Escanaba, MI 49829

