



Department of Transportation (DOT) Medical Examination Expectations

You have been scheduled to have a Department of Transportation (DOT) examination at HealthWorks in Farmington, NY. The exam is federally regulated by DOT and has specific qualifications that you must meet in order to drive. You will be asked to fill out a questionnaire about your health history. Your blood pressure, vision and urine will also be checked. Additional urine may be collected for drug testing. Then you will be asked to change into a medical gown and have a physical exam completed by a medical provider according to the DOT guidelines.

NOTE: The details to the **PHYSICAL QUALIFICATIONS FOR DRIVERS** can be found in 49 CFR 391.41 of the Federal Motor Carrier Safety Administration regulations.

Potential disqualifications for drivers include:

- Loss of foot or handgrip
- Diagnosed with unstable angina, current coronary disease or congestive heart failure
- Uncontrolled high blood pressure
- Epilepsy / seizure disorder
- Psychiatric disorder
- Vision in either eye that cannot be corrected to 20/40 or better
- Uncontrolled diabetes
- Amphetamine, narcotic, other habit-forming drug or potentially sedating medication use
- Current clinical diagnosis of alcoholism
- Diabetes (Sugar) requiring Insulin to control
- Sleep disorder – sleep apnea / use of C-PAP

You **MUST** bring the following to the examination:

1. Drivers license with a photo.
2. Eyeglasses if you wear them.
3. The name, address and telephone number of your personal physician in case our examiner requires additional information about your health.
4. Bring any and all medications that you take in the original bottles. If that is not possible, bring a list of the names of the medications, dosages and name of the prescribing physician for each.

You can help avoid delays and improve odds of a successful outcome by following these suggestions:

DIABETES – If you have diabetes (sugar) controlled by medication and diet, bring a statement from your physician that says:

- Your diabetes is under good control
- There have been no episodes of hypoglycemia (dangerously low blood sugar) within the last two (2) years
- You are safe to operate a commercial motor vehicle without restrictions

ALSO, ask your physician to include a recent Hemoglobin A1C level to help us understand your control of blood sugars.

HEART CONDITION – If you have had a heart attack (MI), by-pass (CABG), angina (chest pain) or angioplasty (stents), bring a note from your Cardiologist that your disease is stable, without symptoms and you have had a negative treadmill exercise stress test through Bruce Stage II or equivalent since your incident or within the last year, whichever is most recent.

SLEEP DISORDER – If you have a sleep disorder bring a note from a sleep disorder specialist listing medications/devices used to treat the disorder. The note should state that your condition is stable and you are not at risk for excessive daytime sleepiness and can safely drive a school bus or commercial vehicle.

Thank you in advance for your cooperation.

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