

# DOT PHYSICAL FORM

An Affiliate of  UnityPoint Health

Patient Name:

Date:  /  /

## YOUR APPOINTMENT

### Greene County Family Medicine Clinic

- 1000 West Lincoln Way, Jefferson, IA 50129
- 515-386-0500

Date:  /  /

Time:

## INSTRUCTIONS

To complete the DOT physical in a timely manner, patients MUST bring all applicable healthcare history documentation along with a listing of all medications and their dosages with them to their appointment.

Failure to bring the required documentation (as noted below) will delay certification.

DO NOT URINATE PRIOR TO YOUR DOT PHYSICAL APPOINTMENT. **A URINE TEST IS REQUIRED.**

## WHAT TO BRING WITH

- Valid photo ID
- DOT certificate, if applicable
- Doctor(s) name and address(es)
- Vision Correction
  - > Glasses or contacts
  - > If you are blind in one eye, you must bring a Federal Vision Exemption paper
- Hearing
  - > Hearing aids
  - > If there has been hearing loss, must bring current hearing test from audiologist
- Heart—MI, Stents, Angioplasty/Angina
  - > Cardiologist or provider statement indicating you are capable of operating a motor vehicle safely from a cardiac perspective
  - > Copy of most recent echocardiogram
- Stroke, Seizure, Traumatic Brain Injury, TIA
  - > Neurologist or provider statement indicating you are capable of operating a motor vehicle safely from a neurological perspective
- Diabetes
  - > Copy of HgA1c results must be within the last six months
  - > Provider statement documenting diabetes control & complications
  - > All prescribed diabetes medications
  - > DOT insulin paperwork form MCSA-5870 filled out by provider managing your IDDM, if applicable
- Depression, Anxiety, Bipolar, PTSD, Panic Disorder
  - > Provider note stating your medications are tolerated with no daytime sleepiness and indicating you are capable of operating a commercial motor vehicle safely\*

## WHAT TO BRING WITH (CONT.)

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- Blood Pressure (borderline or difficult)
  - Physician note indicating you are being treated to control blood pressure, with a reading of 140/90 or less
  - List of medications and dosages
- Sleep Apnea, Sleep Disorders \*\*
  - Copy of sleep study (if not on file at the medical examiner's office)
  - Copy of 90-day CPAP compliance report
- Coumadin, Warfarin
  - Copy of most recent INR test results
- Medications with Risk of Sedation
  - Provider note stating the following:
    - List of medications and dosages
    - How long you have been on the medication
    - Tolerating medications with no daytime sleepiness
    - Indicating you are capable of operating a commercial motor vehicle safely while on medications
- Permanent Loss of Use in an Arm or Leg
  - Bring an overview from your provider of the injury and if you have any work restrictions

## OTHER HELPFUL TIPS

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- Arrive prepared with proper documentation needed to complete the DOT physical.
- Drink water before you arrive – you will be required to provide a urine sample
- Avoid coffee, soda, energy drinks as they may increase your blood pressure
- Always be honest – be sure not to omit any of your medical history. This may result in disqualification, unemployment or permanent loss of license. We take safety seriously, and will report omissions to the employer and/or proper agency.

*\*There are instances where we are unable to issue a medical certificate pending the prescribed medication(s)*

*\*\*If you use a CPAP machine, we will need to see usage statistics for 30 days for initial certifications and 90 days to one year for recertification. This can be obtained from the company that manages the CPAP machine. Compliance means use of >4 hours/night, 70% of the time.*

*PLEASE NOTE: Most chronic health conditions, including high blood pressure, will only allow us to certify you for one year or less. We follow the criteria established in The DOT Medical Examination, An Unofficial Guide to Commercial Drivers' Medical Certification, Seventh Edition by Natalie Hartentbaum, MD, MPH, FACOEM to determine if you meet the guidelines for DOT medical clearance and the length of time you may be certified. During the examination, the provider may find medical conditions that will require further evaluation by a specialist prior to certification.*

*The above are guidelines only, are not all inclusive or a guarantee of passing/failing your DOT exam. Additional testing or information may be required by your DOT examiner.*