

FEDERAL DOT CMV MEDICAL EXAMINATION REQUIREMENTS

Please read carefully BEFORE your visit as you are responsible for this information. Please contact Valley Medical Center's Occupational Medicine Department with questions PRIOR to your appointment.

We strongly encourage all drivers to present for their exam 60 days before their previous certification expires with appropriate documentation to prevent a lapse in certification. Should the Department of Transportation uncover evidence that a driver was untruthful, said driver will lose their license.

As of May 21, 2014, massive regulatory changes have gone into effect governing DOT examinations as well as those providing those examinations. The list provided below is a summation of the most common conditions that have had modifications, however this is NOT an exhaustive list. That is, you may have a condition not listed here that may prevent or delay your certification. You may access the exhaustive list at:
http://nrcme.fmcsa.dot.gov/mehandbook/HB_map.aspx.

Please note that a specialist (IE: cardiologist, neurologist, etc.) stating that you are cleared to drive DOES NOT guarantee certification. There are very specific waiting periods and testing that must be followed in addition to this clearance.

VISION: If you require correction to your vision, you must wear your corrective lenses during your exam. If you have been told that your vision is worse than 20/40 in both eyes with correction or you are legally blind in one eye, you will not pass. (There is an exemption for monocular vision, however you MUST have that documentation available at the time of the exam.)

HEARING: Should you require hearing aids, you must bring them to your appointment and undergo a hearing assessment with them on the day of your exam. If you do not pass, you will need to see an audiologist and will not be certified on the day of the exam.

CARDIAC HISTORY: If you have ANY cardiac history, you will need a letter from your cardiologist/treating provider that you are medically optimized. Below are some of the conditions requiring such documentation, however, this list is NOT all inclusive:

- **MYOCARDIAL INFARCTION (Heart Attack):** Mandatory waiting period of two months after MI (even if cleared by cardiology). You must have a letter from a cardiologist/treating provider indicating you are medically optimized. You MUST have stress test and echocardiogram results available at your DOT exam.
- **CORONARY ARTERY STENTS:** Mandatory waiting period of one week minimum and longer if associated with a MI. Stress test results are required EVERY SIX MONTHS and

you will need to have a completed document with results and statement from provider at time of DOT exam.

- **CORONARY ARTERY BYPASS GRAFT (CABG):** Mandatory waiting period of three months regardless of cardiology clearance. You **MUST** have echocardiogram and yearly stress test with results available at your DOT exam.
- **HEART DISEASE:** Must have letter of medically optimized state by cardiologist/treating provider.
- **ARRYTHMIA:** Mandatory waiting period of one month after being diagnosed. Will need echocardiogram, cardiologist clearance and a stress test with documentation available at your DOT exam.
- **ANGINA (Chest Pain):** Requires stress test and documentation from provider available at your DOT exam.
- **PACEMAKER:** You must bring documentation of your most recent annual pacemaker check and this **MUST BE** dated within the past twelve months. You will also need a letter from your cardiologist/treating provider stating the specific indication for your pacemaker. Having a DEFIBRILLATOR will disqualify a driver immediately.
- **HYPERTENSION (High Blood Pressure):** Maximum certification is one year. Blood pressure **MUST BE** 140/90 or less **DURING** your DOT exam or your certification may be delayed or you may be disqualified.
- **ANEURYSM (Dilated Blood Vessels):** For abdominal, thoracic, other, or surgery for an aneurysm, you will need a letter from your VASCULAR surgeon clearing you to drive a commercial vehicle. Maximum certification is one year. If an aneurysm is present and measures over 5 cm, you will not pass per federal regulations.

NEUROLOGY: If you have had a stroke or mini-stroke, severe head injury, intracranial bleeding, brain infection, dizziness or passing out spells (syncope), a neurology consult will be required **BEFORE** your DOT exam. Documentation from the specialist is required at your DOT exam.

DIABETES: There are very tight regulations on diabetes management. If you take insulin, you will not be certified to drive if you do not have an exemption from the NRCME. To begin the exemption process, call (708) 448-3094. This does take **UP TO SIX MONTHS**, so please plan accordingly. Regulations suggest that Hemoglobin A1C be less than 10% and blood sugars are within 100-400. If these requirements are not met, certification may be delayed so that you may see your provider for treatment regulation.

LUNG DISEASE: If you are a smoker over the age of 35, have asthma, COPD or other respiratory illness, you will need to have spirometry completed during your visit. There are specific regulations regarding these results that may delay certification.

MENTAL HEALTH: If you are being treated for adult depression, any psychiatric diagnosis, or Attention-Deficit/Hyperactivity (ADHD), you need to provide

documentation regarding your diagnosis, treatment plan, including medication from your treating provider, for clearance to drive a commercial vehicle.

SUBSTANCE ABUSE: You must have documentation from a SAP (Substance Abuse Professional) who works directly within the DOT standards. You will NOT be certified without this documentation. You may find these providers by online search in your area.

BLOOD THINNERS: Warfarin (Coumadin) requires documentation of monthly INR results and the reason you are on Coumadin. You must have a therapeutic INR within one month of your certification. Documentation must be provided at your DOT exam.

LOSS OF LIMB/FUNCTION: There is an exemption available for drivers who have lost a limb or part of a limb, but can still drive. This must be present at your exam for certification. This can be obtained through the FMCSA.

SLEEP APNEA: All patients will undergo a sleep apnea screening during the DOT exam.

WHAT TO BRING TO YOUR DOT EXAMINATION APPOINTMENT:

- COMPLETE medication list to include any over-the-counter medications you take.
- Full list of your medical and surgical history
- All required documentation as outlined above.

We truly want to make the new DOT Physical Exam process as efficient as possible. We understand that there are many changes that you may not know about and that may cause frustration. However, as DOT Medical Examiners, we MUST follow the regulations as dictated and are not allowed to alter the regulations regardless of consequences to a driver's certification. **IF, AFTER READING THIS INFORMATION, YOU NEED TO RESCHEDULE YOUR APPOINTMENT, PLEASE LET OUR STAFF KNOW.** Thank you for your understanding. We apologize for any inconvenience.

In Good Health,

DOT Medical Examiners
Valley Medical Center, PLLC

I have read this document and understand its contents. I also understand that once my appointment has begun, my DOT Physical Examination fee is not refundable.

Patient Signature

Date