

Helpful Hints for Obtaining Your DOT Certification

To ensure success in obtaining your DOT certification, please review the helpful hints below.

Please bring a valid driver's license or legal ID to your appointment.

Do you take prescription medications? Bring a list of all prescription medications, including the dosage and how often each medication is taken. A photo of each bottle is also acceptable.

Avoid chewing tobacco, smoking, or caffeine before exam.

Do you wear corrective lenses (glasses or contacts)?

- Bring your glasses to the appointment. If you wear contacts, also bring your glasses.
- Monovision contact users are required to wear glasses for the vision test or supply proof of a vision exemption.
- Federal guidelines require visual acuity of 20/40 or better unless a vision exemption has been obtained from the FMCSA.

Do you wear a hearing aid?

- Bring the hearing aid(s) and an extra set of batteries to your exam.

Do you use a CPAP machine for sleep apnea or have had a sleep study in the past?

- A usage report of a minimum of 30 days is required. The stop date of the report should be within one week of your exam. Contact the company that provided the machine for this data.
- FMCSA guidelines require a driver to use the CPAP machine an average of 4 hours or more per night at least 70% of the nights.
- If you have had a sleep study in the past that determined you do not have sleep apnea, a copy of the results is required.

Do you have any history of a heart/vascular condition? (heart attack, bypass surgery, pacemaker, angina, stent, arrhythmia, Afib, heart failure, valve issues, etc)

- A letter from your cardiologist is required detailing the following:
 - Date of last follow-up? (must be within the past 12 months)
 - Current status of your condition?
 - Are you cleared to drive a commercial vehicle per DOT regulations?
 - Results of exercise stress tests and EKGs are required.
- A clearance letter from a vascular surgeon is needed if you have a history of an aneurysm (abdominal, thoracic, or any other type).

Do you have any history of a neurological condition? (stroke, TIA, traumatic brain injury, seizure, etc)

- A letter from your neurologist is required detailing the following:
 - Date of last follow-up? (must be within the past 12 months)
 - Current status of your condition?
 - Are you cleared to drive a commercial vehicle per DOT regulations?

Do you have a history of diabetes?

- Medical records from your prescribing provider are required. Records should include a hemoglobin A1C result no older than 3 months prior to your DOT exam.
- If you are currently taking insulin, your prescribing provider must complete the [MCSA-5870 form](#) which can be found online. The form must be completed and signed within 45 days of your DOT exam.

Do you take a blood thinner? (Coumadin/warfarin, Xarelto, Eliquis)

- A letter from your prescribing provider is required detailing the following:
 - What is the associated diagnosis requiring the blood thinner?
 - Are you cleared to drive a commercial vehicle in accordance with DOT regulations while taking the medication?
 - If the medication is Coumadin or Warfarin, a copy of your most recent INR lab result must be provided and your provider must indicate whether your results are stable and within therapeutic range.

Do you take a controlled substance or behavioral health related medication? (Behavioral health related conditions: depression, anxiety, bipolar, ADD, etc)

- A letter from your prescribing provider is required detailing the following:
 - What is the associated diagnosis requiring the medication?
 - How long have you been taking the medication?
 - Are you experiencing any adverse effects?
 - Are you cleared to drive a commercial vehicle per DOT regulations while taking the medication?

* Please refer to the "Common Medications Requiring Letters" document if you are taking prescription medication. If your medication is not listed and you are uncertain if a letter will be required, please contact our office for guidance.

Wake Forest Baptist Health Occupational Medicine follows the standards as defined by the FMCSA. The above guidelines are minimum requirements according to the FMCSA. Additional requirements may exist depending on your individual medical history. Other conditions may be discovered during your exam which could require additional documentation or testing before being cleared for certification. It is the patient's responsibility to obtain and provide additional documentation. Once a physical is started it will be finished in full before a determination is made. **If you do not receive certification during the initial DOT exam, the exam fee will still apply. If a follow up appointment is needed to review records, an additional fee will be charged.** Self-pay individuals will be required to pay by credit card at time of check in.

Please arrive 15 minutes before your exam to fill out required forms. Please bring any letters or records with you to your exam.

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