

DOT Exam Quick Fact Sheet

The Federal Motor Carriers Safety Administration (FMCSA) requires all commercial drivers(CDL) to pass a DOT Medical Examination every one to two years depending on driver's level of health. Only certain health care professionals are allowed to conduct the DOT Medical Examination, which is utilized to certify that drivers do not have any physical, mental, or organic defect of such nature that may affect the driver's ability to safely operate a commercial motor vehicle. A DOT Medical Examination includes a complete health history, examination, vision test, hearing test and urinalysis for specific gravity, protein and glucose. Upon passing the DOT Medical Examination you will be given a wallet medical certificate and Medical Examination Report. Our office will fax a copy to the North Carolina DOT Office and electronically submit a report to the FMSCA at no cost for you. We will scan an electronic copy of your driver's license, wallet medical certificate and Medical Examination Report to your electronic health record at our office to keep on file should you need a copy at a later date.

TIPS FOR PASSING YOUR EXAM

- If you are diabetic bring a list of your medications & blood sugar results or hemoglobin A1C1 results.
- Heart condition: If you have had a heart attack or have cardiovascular disease bring a copy of your most recent stress test and a list of all medications.
- High blood pressure: Bring a list of all medications with names of the provider prescribing them. The week before your physical cut back on coffee, soda, energy drinks, reduce salt & nicotine intake. Remember to take your medications! Doing all of this may help lower your blood pressure reading.
- Bring a list of all your medications taken with prescribing doctors name.
- Sleep apnea: Bring a copy of your sleep apnea test results if you have them. If your machine has a recording disc, please take to local durable medical equipment facility or where you purchased/lease the CPAP and ask them to print off the last 30 days of usage to demonstrate your compliancy with the CPAP. If you fail to present this with you, you will be required to sign a waiver.
- If you have had surgery, you must be cleared by the surgeon prior to your DOT Medical Exam.
- Bring your eye glasses and remember to drink water the day of the exam.

To save yourself time, you can print off the first 2 pages of the DOT Medical Examination Report from our website www.breakthroughchiro.com and complete them prior to arriving at the office. If you print off and complete the first 2 pages, please write legible so that it is easy for others to read. If you cannot print off the form, don't worry we have them for free at our office for you.

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