



DOT CHECKLIST

All Drivers:

1. Bring a list of ALL of your medication, including the doses and your provider's names and addresses.
2. Present with current Valid Photo ID Drivers License.
3. Provide a urine sample. DOT drug and alcohol testing is completed at the discretion of the Employer and or the Medical Examiner.
4. DOT participants are advised that only DOT related health issues will be discussed during your visit. Additional health concerns must be addressed with your primary care provider.

Drivers who require eyeglasses, contacts lenses, or hearing aids.

1. Bring your glasses, contacts, or hearing aids for the exam.
2. You will be required to pass a vision, color and hearing test.

Drivers who have high blood pressure.

1. Your blood pressure **MUST** be below 140/90 on the day of your exam or you may not qualify for a DOT card.

Drivers who have diabetes.

1. Your blood sugar should be controlled.
2. You **Must** bring in your most recent results of a lab test called a Hemoglobin A1C (HgA1C) and your blood sugar logs. Hemoglobin A1C reports must be within 3-6 months from the time of your DOT exam.
3. You **Must** bring an eye doctor report that is within the last year from the date of your DOT exam.

Drivers who have sleep apnea and use a CPAP machine.

1. You Must bring a reading from your machine documenting your proper use of the machine; a letter from your sleep specialist is required.
2. Bring at least 90 days of data, but data from the past year is best.

Drivers who have experienced the permanent loss of use in an arm or leg.

1. You Must bring an overview from your primary care provider of the injury and if you have any work restrictions due to the injury.
2. You Must bring a current Skill Performance Examination in order to qualify for your DOT card.



Drivers who have heart-related issues, (including the use of stents, valve replacement, pacemaker, open-heart surgery, cardiac bypass surgery, or heart attack).

1. You Must bring a letter from your cardiologist that outlines your medical history and current medications and indicates you are safe to drive a commercial motor vehicle (CMV).
2. You Must bring the results of recent stress tests, ECHO cardiogram, ECG, or other heart/cardiac related testing completed within the past 1-2 yrs.

Drivers who have suffered a stroke, a brain tumor, seizure disorder, or bleeding in the brain.

1. You Must bring a letter from your neurologist that outlines your medical history, current medications, and current neurological and psychiatric state.
2. You Must bring the results of any recent MRI, MRA, CT, EEG results.

Drivers who are taking any medications that may cause sedation or sleepiness or controlled substances (including narcotics, sleeping pills, anxiety medication, ADHD medication).

1. You Must bring a letter and recent medical records from your treating health care provider regarding the safety of driving a DOT vehicle while using these medications.

Drivers who are taking the blood thinner Coumadin (Warfarin).

1. You Must bring a recent INR and Complete Blood Count (CBC) along with a letter from your health care provider that outlines your medical history, current medications and safety of driving a DOT vehicle while using the medication.

The above are guidelines only, and are not meant to be all inclusive or as a guarantee of passing the exam. Additional testing or/information may be required by your DOT examiner.

If you are uncertain if you qualify for a DOT card, we suggest you schedule a visit with your primary health care provider or specialist BEFORE your re-certification date.

For more information about DOT physicals at Havasu Regional Medical Center, please call 928-453-0139 or the HRMC Urgent Care at 928-505-1030