

## DOT Examination Information

The Federal Motor Safety Carrier Administration (FMCSA) has made many changes in the examination paperwork and procedure for drivers. Among these changes, the Medical Examiner is required:

- to notify FMCSA of any driver who fails an exam
- to notify FMCSA who fails to complete an exam
- to perform a new physical and certification each time an existing certification expires

### Requirements for examination:

The following list includes some of the most common medical conditions and restrictions for Commercial Drivers. If any of these conditions apply to you, it is strongly recommended that you review to ensure you have everything that will be needed to complete the exam today. If information is absent or incomplete it may result in a delay in certification and require additional time and money to repeat an exam. **You may want to return for your exam at another time when you have everything you need.**

- **Diabetes**  
If you have Diabetes, you will need to have a lab report of your A1C level that is less than 6 months old.  
\*\*\*If you have Insulin Treated Diabetes, you will need Form MCSA-5870 completed by your treating provider. If this form is not completed before your DOT exam you will not be certified and you will not receive any certificate on day of exam.
- **High Blood Pressure**  
FMCSA recommendations and Stages of Hypertension will be followed. If you have High Blood Pressure and are not taking medication, your Blood Pressure may not meet the requirements.
- **Heart Problems**  
If you have any history of heart attack, bypass, stent, balloon angioplasty, pacemaker or other heart problems, a letter from your cardiologist is required. The letter must be dated less than 6 months before the examination. A cardiac stress test and/or sonogram may be required in some instances.
- **Obstructive Sleep Apnea**  
If you have a history of Sleep Apnea you will need to provide either a sleep study less than 6 months of age, or a report from your CPAP machine that shows the number of Apneic episodes (breathing pauses) and compliance with the treatment. The report must include a 30 day period just before exam.  
\*\*\*Even if you do not know that you have Sleep Apnea, if the doctor suspects you might have sleep apnea, you may be required to have a sleep study. If you have had one in the past 12 months and it shows you do NOT have Sleep Apnea, it is very important that you bring that report with you to the exam.
- **Surgeries, Procedures, or Serious medical illnesses**  
If you have had any of these problems within the past 6 months you will need a letter from your doctor stating that you have been cleared to return to work and to drive a commercial vehicle. For certain conditions and procedures, the FMCSA has waiting periods that must be observed prior to clearance.
- **Medications**  
If you take a medication that can cause drowsiness, you will be required to bring a letter from the prescribing physician stating that it is safe for you operate a commercial motor vehicle.
- **Vision Problems**  
FMCSA standard for vision will be followed. If you need glasses or contact lenses for distance vision or driving, you must have them with you for this exam. If you have previously obtained a Texas State or a Federal Vision Exemption, you will need a copy of that form and a current report from your eye doctor to give to examiner.
- **Hearing Problems**  
If you require hearing aids to hear properly, you must use them for the examination. If hearing problems are discovered during the exam, additional tests may be required.