

DOT PHYSICAL EXAM CHECKLIST & TIPS

ALL DRIVERS >>

- Complete our Occupational Health Registration form
- Provide valid photo identification and current DOT certificate, if applicable
- Bring a complete list of ALL of your medications, including the doses and your doctors' names and addresses

IF YOU HAVE HIGH BLOOD PRESSURE >>

- Your blood pressure MUST be below 140/90 or you may not qualify for a DOT card until further workup is completed

IF YOU WEAR GLASSES, CONTACTS, OR HEARING AIDS >>

- Bring your glasses, contacts, or hearing aids
- You must pass a vision and hearing test

IF YOU USE A CPAP MACHINE >>

- Bring readings from your machine documenting compliance for at least 30 days; additional records may be required

IF YOU HAVE EXPERIENCED PERMANENT LOSS OF USE IN AN ARM OR LEG >>

- Bring an overview from your physician of the injury and if you have any work restrictions due to the injury; you may need a Skilled Performance Examination

IF YOU ARE TAKING COUMADIN (WARFARIN) >>

- Bring your most recent INR lab results

IF YOU HAVE DIABETES >>

- You should be under the care of a primary care physician
- Bring the most recent results of your Hemoglobin A1c lab test
- If you have not had a recent Hemoglobin A1c, we can perform one in-house at an additional cost

IF YOU HAVE A HEART CONDITION >>

- If you have heart disease or have suffered a heart attack, you may be required to obtain a letter from your cardiologist indicating you are safe to drive a DOT vehicle
- You will also need to bring the results of a recent stress test or other testing completed within the past 2 years

IF YOU HAVE SUFFERED A STROKE, SEIZURE, OR OTHER NEUROLOGICAL DISORDER >>

- Bring a letter from your neurologist (brain and nerve specialist) indicating you are safe to drive a DOT vehicle

IF YOU ARE TAKING ANY MEDICATIONS THAT MAY CAUSE SEDATION OR SLEEPINESS >>

- Additional medical records from your prescribing physician may be required

MEDICAL RECORDS CAN BE FAXED PRIOR TO YOUR VISIT TO 540-786-3195

OTHER HELPFUL TIPS >>

- Arrive prepared with the proper documentation needed to complete your DOT physical. **We cannot obtain medical records from other offices on the weekend.**
- Drink water before you arrive - you will be required to provide a urine sample
- Avoid coffee, soda, energy drinks as they may increase your blood pressure
- Always be honest - be sure not omit any of your medical history. This may result in disqualification, unemployment, or permanent loss of license. We take safety seriously and will report omissions to employer and/or proper agency.

Have a Question?

Call us at 540-786-1200 or 540-710-0042 or send us an email at occhealth@virginiaprimecare.com

**The above are guidelines only, are not all inclusive, or a guarantee of passing/failing your DOT exam. Additional testing or/information may be required by your DOT examiner.*