



Driver,

Regulations have recently changed and additional documentation is required for your medical examiner to complete your Commercial Driver's License (CDL) or Department of Transportation (DOT) physical. To help us complete your physical in a timely manner, please bring with you to your visit any of the following which are marked. If you have any of the conditions highlighted, bring that information as well. Bring all medications with you. Having your test results and letters from your treating physician will help us certify you without delay. If you do not have the required information, we will not be able to certify you and your DOT card might lapse.

We follow the Federal Motor Carrier Safety Administration (FMCSA) guidelines to determine if you meet medical clearance and the length of time you may be certified. It is YOUR responsibility to report to your employer and your examiner if a serious illness, injury, or surgery occurs during the time you are certified. For those instances, you should have medical clearance before returning to work.

**All Drivers – Should have the following.**

- Driver's License
- COMPLETED DOT Physical Form listed on our website.
- Hearing aids with extra batteries, glasses.
- A full bladder ready to give a urine sample and a water bottle.
- If you require correction to your vision, whether or not you wear contacts, you must bring a pair of glasses.

**Driver's with the following Health Issues need to have specific forms listed on our website.**

- Heart Issues - Myocardia Infarction, Heart Attack, Pacemaker, Stents, Angina, Congestive Heart Failure, Irregular Heart Rhythm, Aneurysm, or other Heart Disease – Form from Cardiologist and latest EKG, Echocardiography, Stress Test, Pacemaker report as applicable.
- Diabetes or Pre-Diabetes – Form from physician and copy of last A1C.
- Hypertension or on hypertensive medication – Form from physician and medication list
- Sleep Apnea or on CPAP machine – Form from physician and must have one month download from CPAP Machine
- Neurology - Stroke, TIA, Seizure, or Traumatic Brain Injury - – Form from physician and Neurologist if seizure
- Behavioral Health - If you take medications for depression, anxiety or ADHD - form from physician.
- Blood Thinner - Coumadin or other drug to thin blood - List of monthly INR and form from physician
- Smoker over age 35 – Need spirometry readings ordered from your physician.
- Lung Disease (take any inhalers) – Need spirometry readings ordered from your physician.

Thank you for choosing Manhattan Primary Care for your Department of Transportation physical.