**CDL Physical Exam Check List**

**Medications**

* Bring a list of **ALL** prescription medications including the dosages and prescribing doctor’s name. Also a list of any over the counter medications.
* If you are taking any medications that may cause sedation or sleepiness, any controlled substances including: narcotics, anxiety medications, ADHD medications or sleeping pills, bring a note from your treating physician regarding the safety of driving a DOT vehicle while taking these medications.
* If you are taking the blood thinner Coumadin (Warfarin) bring a recent INR blood level and clearance letter from your physician.

**Eyeglasses, contact lenses, or hearing aids**

* You will be required to pass a vision and hearing test.
* Bring your glasses, contacts, and hearing aids.

**High blood pressure**

* At the time of your exam your blood pressure must be 140/90 or less to get a 1 year certificate. If your blood pressure is higher your eligibility may be limited or you may not qualify for a DOT certificate.

**Diabetes**

* If you have diabetes and **take insulin you DO NOT QUALIFY** for a CDL.
* If you have diabetes controlled by taking oral medications you **MUST** bring
1. Comprehensive Metabolic Panel within 1 year
2. Hemoglobin A1C results taken within 6 months
3. Progress notes and medication profile from your last Primary Care visit within 1 year.
4. A note written by your ophthalmologist or optometrist on their letter head or prescription pad stating that:
	* + - 1. You have been evaluated within the last 12 months
				2. And **YOU DO NOT have diabetic retinopathy.**

**Heart-related issues: heart attack, stents, valve replacement, pacemaker, cardiac bypass surgery (CABG)**

* Need a letter from your Cardiologist describing your medical history, current medications, and a note indicating you are safe to drive a DOT vehicle.
* May also need a recent Stress test or ECHO cardiogram completed within the past 1-2 years.

**Sleep Apnea**

* If you have sleep apnea and use a CPAP machine please bring a reading documenting proper use of your machine and a letter from your sleep specialist.

**Stroke (CVA), Bleeding in the brain (SAH), Brain tumor, Seizure disorder**

* Need a letter from your Neurologist or specialist detailing your medical history, current medications, and current neurologic and psychiatric state.

**Fixed deficit of arm or leg**

* A detailed description of your injury and any work restrictions due to the injury.
* You may require a Skilled Performance Examination in order to qualify for your DOT certification.

**To save time, please download Form MCSA-5875 and complete the driver’s information pages before appearing for your DOT evaluation.**

**Additional testing or information may be required by your DOT examiner.**

**If you have any questions concerning your DOT physical exam please contact us at 985-262-4424 prior to the exam date.**