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## Things to Plan in Advance

If you have:

- Diabetes- Please bring a list of medications and name of prescribing doctor. Also bring any recent lab results, including hemoglobin A1C levels within the last three months if completed somewhere other than a Hutchinson Clinic Lab.
- High Blood Pressure- Bring a list of medications and name of prescribing doctor.
- Heart Disease- If you've had a heart attack, heart stents, cardiac surgery, or cardiovascular disease, you'll need to bring a copy of any stress testing that has been performed within the last two years (required) and additional information may be required from your cardiologist. Please bring their name and contact information.
- Respiratory disease- If you have a history of respiratory disease or abnormal sounds noted on your physical exam, a lung function test may be required during your DOT exam.
- Sleep Apnea- Bring a copy of your latest sleep study results. If you are using a CPAP machine at night, please bring your CPAP documentation report. CPAP compliance is defined as use for 70% of evenings for at least four hours. Additional information may be required from your pulmonologist. Please bring their name and contact information.
- Medications- List all of the prescription medications you take, including strength and dosage. This includes narcotic medications for anxiety, to aid sleep, or for pain. Please also bring a list of over the counter medications.
- Surgery- If you have had a recent surgery that may affect your ability to safely operate a commercial vehicle, a surgeon's note may be required at your DOT exam.
- Other factors like BMI, neck circumference, and smoking status may require additional testing or documentation.

Please do not wait until the last day to get your DOT exam. Plan ahead to renew your DOT certification several weeks prior to its expiration date. This will allow for adequate time if additional clinical evaluation is required.

## The day of your DOT Physical Exam

- Please check in 15 minutes prior to your appointment time to complete the necessary paperwork.
- You will be asked to complete a medical questionnaire about your health history. It is critical to be 100% truthful about your health history and medications as this could jeopardize your CDL Certification, possibly for an indefinitely amount of time.
- Bring pertinent medical records and a list of medications.
- Bring your driver's license.
- Bring eye glasses and/or contact lenses.
- If you use hearing aids, please bring them to your appointment.
- Take your routine medications for High Blood Pressure or Diabetes.
- Drink water. Please come well hydrated as a urine test is required for the exam.

**Please contact us at 620-669-2210 if you have any questions about your upcoming DOT Examination**