

DOT Physical Exams



WHAT TO BRING TO YOUR DOT PHYSICAL EXAM

ALL DRIVERS

- A complete list of ALL your medications, including dosage and reason for taking them.
- A complete list of all surgical procedures you have had in your lifetime.
- Glasses, contacts or hearing aids if needed to pass vision or hearing testing.
- Limit salt and caffeine intake prior to appointment.
- Avoid smoking 1 hour before exam.

Do you have high blood pressure?

- Your blood pressure must be below 140/90 at your exam to qualify for a DOT card.
- Please make sure to take blood pressure medication as prescribed.

Are you being treated for sleep apnea?

- A reading from your CPAP machine for the past 6 months to ensure proper usage of the machine.
- A letter of medical clearance from a certified sleep specialist if newly diagnosed or new to our clinic.

Are you being treated for diabetes?

- Completed A1C (HgA1C) within 3 months of exam date.
- May require a letter from your treating doctor.

Have you had any heart-related issues, including stents, pacemakers, heart attack, arrhythmia, open heart surgery or bypass surgery?

- A letter from your cardiologist regarding your heart-related condition and your ability to drive commercially.
- Some heart-related conditions require periodic monitoring that could include a stress test, echocardiogram or EKG every 1-2 years.

DO YOU TAKE ANY CONTROLLED SUBSTANCES OR MEDICATIONS THAT CAUSE SEDATION OR DROWSINESS?

These may include medications for pain management, ADD, ADHD, depression, anxiety

- A letter from your treating physician regarding the reason for the medication and statement regarding your ability to drive commercially while being treated with the medication(s).

Do you have a lung condition such as COPD or emphysema?

- A letter from your treating physician regarding current diagnosis and ability to drive commercially.
- Copy of last Pulmonary Function Test.

Are you returning to work following an accident, surgery or illness that happened outside of work and took you off work?

- A letter from treating physician releasing to return to work and current diagnosis or treatment performed.
- A copy of records for condition that was being treated.

This is not a complete list of medical conditions that are addressed in the DOT physical exam. Additional testing or information may be required by your DOT examiner. If you are unsure of what to bring to your appointment please contact the clinic where your appointment is scheduled, at the phone numbers listed above.



Call with questions or to schedule an appointment:

MercyOne Bluebell Road Occupational Health

226 Bluebell Road
Cedar Falls, IA 50613
319-575-5600

MercyOne Clinton Occupational Health

915 13th Ave. N
Clinton, IA 52732
563-244-5742

MercyOne Des Moines Occupational Health

2525 E. Euclid Ave.
Des Moines, IA 50317
515-261-3300

MercyOne Genesis Moline Occupational Health

2526 41st St.
Moline, IL 61265
309-281-2700

MercyOne North Iowa Occupational Health

1501 Fourth St. SW
Mason City, IA 50401
641-428-5244

MercyOne Genesis Northwest Occupational Health

1520 W. 53rd St.
Davenport, IA 52806
563-421-3840