

New England DOT Physicals, Inc.
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DOT Physical Check List

Please be prepared with the following for your appointment:

- Driver's license
- Drink water for the urine specimen test (checks for sugar, blood, and protein)
- Medical questionnaire completed and submitted BEFORE your appointment date/time
- Eyeglasses (if needed) for distance
- Hearing aids (if needed) with extra power source

In addition please also bring the following if applicable:

- Diabetes- A letter from your treating provider that documents your last A1C and a copy of your yearly diabetic eye exam and the federal insulin form if taking insulin.
- If you have had a heart attack, coronary artery stents, heart disease, chest pain or any heart surgery, a cardiology consult will be required BEFORE your DOT exam. At your DOT exam, you will need to bring a copy of your most recent cardiac stress test results (must be within 2 years), echocardiogram results (if applicable), and a clearance letter from your cardiologist.
- If you have a pacemaker, you must bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).
- If you have had a stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope) you will require a neurology consult and clearance letter BEFORE your DOT exam.
- If you are being treated for adult depression, any psychiatric disorder, or Attention Deficit/Hyperactivity Disorder (ADHD), you are required to provide documentation from your primary care provider or mental health provider about your diagnosis, treatment plan, and current medications for clearance to drive a commercial vehicle and/or operate heavy machinery.
- If you have sleep apnea, you will be required to bring the most recent 12-month usage compliance report for your CPAP Machine, or an oral appliance letter from your provider or documentation for COPD/Emphysema BEFORE your DOT exam.
- If you take blood thinners, such as Warfarin (Coumadin), you must provide documentation of monthly INR results. You must have a therapeutic INR within a month of your certification.
- If you have monocular vision, you will be required to have your eye doctor complete the federal vision evaluation report form BEFORE your dot exam.

****Please note: your dot exam results will be delayed if you are not prepared with the above items****
(This is a check list for the most common health conditions. It is not an all-inclusive list)
Call the office if you have any questions.