

# AAFP INDUSTRIAL HEALTH: DEPARTMENT OF TRANSPORTATION (DOT) PHYSICAL AND CERTIFICATION REQUIREMENTS

These instructions are designed to help you better understand what will be required to be presented and reviewed during your DOT Examination and Certification. Failure to bring in these items with you for your certification will cause you to not be certified and have to return for an additional fee to complete the certification examination. Please review the conditions below and the items required for the certification:

**\*\*Bring ALL medications to your DOT physical appointment\*\***

If you have been treated for an injury or been hospitalized with in the past year you need a release note from the treating provider as well as medical records.

If you are a smoker and over the age of 35 a lung function test (Pulmonary Function Test or PFT) is a requirement of your DOT recertification. We can provide this testing for you during your examination at a nominal fee.

## **Elevated or High Blood Pressure**

1. Maximum certification is 1 year
2. Your blood pressure must be < 140/90
3. Review medications

## **Anticoagulation medication - i.e. Coumadin, Wafarin**

1. Bring documentation of the reason you are taking the medication from your treating provider
2. You must have documentation of monthly INR recordings with you for your certification
3. INR must be at goal, stable on your medications

## **Heart related conditions (Cardiac):**

May include but is not limited to a history of an irregular heart beat, heart attack(s), heart surgery, stents, pacemaker, heart murmurs

1. Most recent cardiology visit notes with letter of clearance to drive
2. Most recent stress test results
3. Most recent echocardiogram results (ECHO)
4. Most recent EKG (ECG) results
5. List of all medications

## **Lung or pulmonary related condition:**

May include but is not limited to COPD, Asthma

1. Notes from any recent hospitalizations for said condition
2. You may be required to have a lung function test (PFT), chest x-ray, other testing as needed to
3. determine your fitness to drive
4. Bring all current medications and inhalers

## **Diabetes (DMI OR DMII):**

1. Record of your most recent A1C - must be within the past 3 months
2. Log of blood sugar readings
3. Need documentation from treating provider regarding recent foot exam

## **Sleep Apnea**

Bring record of your CPAP usage