

DOT EXAM PREPARATION CHECKLIST

To avoid delays in receiving your DOT medical certification, bring any of the following items that are applicable to your health history. In addition, bring all medications you are currently taking. If you do not have the required information, you may be required to schedule another appointment at your expense.

For convenience, if you have any questions regarding your medical certification and documentation that may be required, please contact our office to speak with one of our NRCME providers.

Bring the following information to your appointment:

- Valid driver's license
- Medications you are currently taking, and the name and contact information for the prescribing doctor
- Eye glasses or contacts, if applicable
- A working hearing aid, if applicable
- Be prepared to provide a urine sample: This is a screening urinalysis (not a Drug screen)

The following health history categories may require you to obtain information **BEFORE** your DOT exam. Please review carefully, and complete any necessary consultations or tests prior to scheduling your DOT exam with us. In many cases, clearance to operate a Commercial Motor Vehicle (CMV) is required from your treating provider to complete the certification process. Please bring the required information with you to your exam.

<p>Myocardial Infarction (Heart Attack), Stent, Heart Disease:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Annual cardiology evaluation <input type="checkbox"/> Note from cardiologist you are safe to operate a CMV <input type="checkbox"/> Exercise tolerance test is required every 2 years <p>For RECENT heart attacks, you can reapply for your exam 2 months after the heart attack, and will need to provide:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Exercise tolerance test performed 4-6 weeks after the heart attack, and <input type="checkbox"/> Clearance by your cardiologist to resume CMV operation 	<p>Use of Coumadin, Warfarin, or other blood thinning medications (often prescribed for Atrial Fibrillation, Deep Vein Thrombosis, or Blood Clot disorders):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Note from treating provider that you are compliant with your treatment regimen <input type="checkbox"/> Note should include most recent INR test results
<p>Diabetes:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Note from treating provider that includes: <ul style="list-style-type: none"> o Hemoglobin A1c level o Statement documenting compliance with prescribed treatment regimen and diabetes control o A list of all prescribed diabetic medications 	<p>Sleep Apnea or other sleep disorders:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Note from treating provider or pulmonologist documenting CPAP compliance for at least the last 30 days. Minimum compliance is 4 hours per night on at least 70% of nights. <input type="checkbox"/> If CPAP is not applicable, bring a copy of your sleep study and documents from a sleep specialist consult.
<p>Depression, Anxiety, Bipolar, Panic disorders, etc:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Note from physician or behavioral counselor stating compliance to the medication regimen prescribed. <input type="checkbox"/> Note should address your ability to safely operate a CMV with no daytime sleepiness. 	<p>Stroke, Seizures, Traumatic Brain Injuries:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Neurology consult, and clearance to operate a CMV <input type="checkbox"/> TIA or stroke requires a 1 year waiting period before certification can be obtained <input type="checkbox"/> Seizure disorder requiring medications is disqualifying
<p>Narcotic pain medications for chronic pain: Please be aware these medications are disqualifying for operation of CMV and the NRCME at Billings Clinic will be unable to certify individuals taking these medications.</p>	<p>Benzodiazepine medications (e.g. Lorazepam, Ativan): Please be aware these medications are disqualifying for operation of CMV and the NRCME at Billings Clinic will be unable to certify individuals taking these medications.</p>

The above are guidelines only, and not meant to be all inclusive or as a guarantee of passing the exam. Additional testing or information may be required by your DOT examiner.