

## Required Documentation & Items for All Drivers

- Valid photo identification, such as a driver's license.
- A complete, current list of all medications, including prescriptions, over-the-counter drugs, and supplements. This list must include dosages and the prescribing doctor's name and contact information.
- Corrective aids (glasses, contact lenses, or hearing aids) if you use them for driving. You will be tested while using these aids.
- A completed Driver Information and Health History section of the Medical Examination Report form, which can often be filled out in advance.
- Your current DOT medical card, if you are undergoing a renewal examination.

## Additional Documentation for Specific Medical Conditions

If you have a chronic medical condition, you must bring specific documentation from your treating physician(s) to ensure the condition is stable and well-managed for commercial driving.

- **Diabetes:** A log of recent blood sugar readings and your most recent Hemoglobin A1c (HbA1c) test results. If you use insulin, additional specific paperwork may be required.
- **High Blood Pressure:** Documentation or a log showing your blood pressure is consistently under control. Your blood pressure should generally be below 140/90 on the day of the exam.
- **Sleep Apnea:** A recent (at least 30-90 days) compliance report from your CPAP machine demonstrating usage of at least 4 hours per night, 70% of the time.
- **Heart Conditions** (e.g., heart attack, bypass surgery, stents, pacemakers): A clearance letter from your cardiologist stating you are safe to drive a commercial vehicle. Bring the results of recent tests like a stress test or echocardiogram performed within the last 1-2 years.
- **Neurological Conditions** (e.g., stroke, seizure disorder, brain tumor): A letter from your neurologist outlining your history, current medications, and confirming you are safe to operate a commercial vehicle.
- **Permanent Loss of Use of a Limb:** Documentation from your physician detailing the injury and any restrictions, or a Federal Motor Carrier Safety Administration (FMCSA) Skills Performance Evaluation (SPE) certificate.

## Pre-Exam Preparation Tips

- Avoid stimulants like caffeine, nicotine, and energy drinks for several hours before your exam, as they can temporarily raise blood pressure.
- Stay hydrated by drinking water to ensure you can provide an adequate urine sample for the required urinalysis, which screens for conditions like diabetes.
- Get a good night's sleep before the physical to help regulate blood pressure and ensure you are rested.
- Take all your prescribed medications as you normally would on the day of the exam.
- Wear comfortable clothing that allows for easy blood pressure measurement and physical examination.