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FEDERAL DOT CMV MEDICAL EXAMINATION REQUIREMENTS CHECK LIST

The Department of Transportation CMV medical exam has specific requirements that must be met. In order to make your application process for a CMV go smoothly you must provide the following when you come for your exam. Please read this carefully and check off each item as you have it completed.

- If you require correction to your **vision**, you must bring a pair of glasses with you to the exam.
- If you wear **hearing aids**, you must bring the hearing aids and an extra power source with you.
- If you have had a **heart attack, coronary artery stents, heart disease, arrhythmias, pacemakers, chest pain or any heart surgery**, a cardiology consult will be required BEFORE your CMV exam. At your CMV 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. Please call the clinic for assistance with this consult.
- 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 an neurology consult BEFORE your CMV exam.
- If you have **diabetes**, you are required to bring a letter from your treating provider (primary care provider or endocrinologist) that documents an HgbA1C (<10%) within the past 6 months and provide documentation of current treatment plan, any hypoglycemic events. If you are on insulin you must bring a Federal Diabetic Exemption.
- If you are on any **controlled substances, pain meds, anxiety meds, ADHD meds and 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 including medicine for clearance to drive a commercial vehicle.
- If you have a history of **drug or alcohol abuse** you will be required to bring documentation of treatment from a Substance Abuse Professional (SAP) or psychiatrist.
- If you have **sleep apnea or a sleep disorder**, you will need to have had a consult with a sleep specialist BEFORE your CMV exam. If you are currently using a C-pap machine you will be required to bring a print out of C-pap use showing compliance of use of, 70% of the time slept along with a copy of the most recent sleep study.

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- 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 a **pace maker**, you must bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).
- If you have a **permanent musculoskeletal defect or injury**, you are required to provide documentation from your primary care provider about your diagnosis, treatment plan including medicine for clearance to drive a commercial vehicle.
- If you **have asthma, COPD or other respiratory illness** you may be required to have a pulmonary function test. Please bring the documentation with you to your appointment.
- If you are on **any prescription or over-the-counter medication** you will be required to list the names of all medication on your DOT application.
- If you are taking **blood pressure** medication make sure your blood pressure is less than 140/90 or your certification may be delayed.
- If you have an **abdominal, thoracic or other aneurysm (dilated blood vessels) or have had surgery for an aneurysm** you will need a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- If you see a health care provider for any **chronic health issues**, please bring a **copy of the last visit** with you to your appointment. It should include diagnosis, date of onset of the condition, medications (dose, frequency), current limitations and contact information for that provider.