



## How to prepare for your D.O.T Physical

1. **Know your health history** and be prepared to discuss recent diagnoses of conditions such as heart disease, diabetes, or sleep apnea.
2. **Rest & Hydrate, Hydrate, Hydrate.** Get plenty of rest the night before and arrive on time or early to avoid added stress. Drink plenty of water to provide a required urine sample. This is not used for drug testing, it is used to detect the presence of protein, sugars, or blood.
3. **Do you take medications?** Please have a complete list of all medications you are currently taking including prescription, over the counter, herbal remedies, diet supplements.
4. **Are you Diabetic?** Drivers who have diabetes need to bring their latest lab work to the examination, which should include fasting blood sugar and HGA1C. This needs to be from within the last four months. If you are new to using insulin to control your diabetes, you need to have used it for four months before you can pass the DOT physical. You're A1C MUST be below 10% to pass. If you take insulin, you MUST have an INSULIN-TREATED DIABETES MELLITUS ASSESSMENT FORM signed by your primary care provider. Please ask for the form. You MUST have proof of your last diabetic eye exam and it must be within the past year.
5. **Do you wear hearing aids, contacts, or glasses?** If you are required to wear them for driving, please have them with you for the exam. Please tell your examiner if you are wearing contacts. Your vision must be 20/40 in each eye to pass the DOT physical.
6. **Do you have sleep apnea and wear a CPAP?** Driver must use a CPAP machine four hours per night, 70% of the time. Driver MUST have 30 days of documented use.
7. **Do you have hypertension also known as high blood pressure?** It is a good idea to avoid coffee, tobacco, and energy drinks for up to 24 hours prior to your exam.
8. **Know your Rights!** The FMCSA does allow a second opinion but does not allow shopping around for a provider to pass you.
9. **Be truthful in your health history.** You are a professional driver. For your safety and the others on the road be honest about your health.

*\*Must arrive 15 minutes before your scheduled appointment to allow ample time for paperwork and preparation.*