

Bertram Healing Center

Department of Transportation Exam Preparation List

Here are some tips to help increase the chances that you'll pass your DOT physical with flying colors! Knowing in advance what you need to bring can help prevent delays in certification.

Things To Prepare For Your Appointment:

- Make sure to **continue taking your prescribed medications** as usual.
- **Avoid coffee, caffeinated soda, energy drinks and allergy medication 24 hours before your DOT physical.** The caffeine in these items can raise your blood pressure and make it more likely that you'll be restricted or disqualified. Ideal to drink extra water to avoid being dehydrated. Your blood pressure **MUST** be below 140/90 on the day of your exam or you may not qualify for a DOT card.
- **Avoid big meals.** A huge buffet breakfast before your DOT exam can increase the sugar in your urine and raise diabetes warning signs. Eat something light and healthy with lots of protein and minimal carbs before your exam.
- **Cut back on salt the week before your DOT physical.** Like caffeine, salt can raise your blood pressure.
- **Come to the exam prepared.** This means coming with a list of your medications, your medical paperwork, your eye glasses, hearing aids, and with a full bladder. Allow yourself time so you don't have to rush.

Things You Must Bring To Your Appointment

- **Driver's License:** Ensure you have your valid driver's license for identification purposes.
- **Eye glasses or contact lenses:** If you use corrective lenses, make sure to bring them along for the vision acuity exam. Your prescription eye wear ensures precise evaluation of your vision of at least 20/40. If needed [Vision Evaluation Report, Form MCSA-5871](#)
- **Working hearing aids:** If you use hearing aids, bring them with you for the hearing assessment.
- **List of medications:** including dosage and frequency, medical condition treating (ie. what condition the medication is prescribed for). This information is essential for the examiner to assess your overall health accurately.
- **Medical Records:** Be prepared to share your health history, including past surgeries, medical conditions, and any recent health concerns. Bring any relevant medical records, especially if you have existing health conditions or are currently under medical treatment.
- **Medical release opinion letter:** from your primary doctor or specialist for any medical conditions being treated, or recent illness, injury, or surgery.
- **Insulin-treated diabetes mellitus assessment form:** You need to submit this form if you take [insulin](#) to manage [diabetes](#). [Insulin-Treated Diabetes Mellitus Assessment Form, MCSA-5870](#)
 - Your healthcare provider that helps you manage diabetes completes the form. Bring this completed form to your DOT physical exam. This should happen no more than 45 days before your DOT exam date.
- **If you have sleep apnea,** you'll need a printed **three-month [CPAP](#) compliance report.**
- **Payment:** Have the required payment ready as our clinic requires payment at the time of the exam. We accept cash, check and credit cards.