



Date: _____

To: PCP

Re: Driver Name: _____ DOB: _____

DOT Driver Medical Exam

This is a request for evaluation and clearance of the above driver that has been diagnosed with Obstructive Sleep Apnea.

The above driver came to our clinic for a DOT medical certificate to drive a commercial motor vehicle and (has been disqualified from driving) OR (has been given a temporary medical examiner's certificate expiring on (date)).

Please check the appropriate space below and sign in the area provided.

_____ The driver is compliant with treatment and the treatment is effective according to the following FMCSA recommendations and can safely operate a commercial vehicle.

_____ The driver is not compliant with treatment and/or the treatment is not effective according to the follow FMCSA Sleep Apnea recommendations.

Provider Name (Print): _____

Provider Signature: _____

Please Fax this and any additional documentation to our office at:

Fax: (541) 833-0995

Phone: (541) 366-6310

Ben D. Johnson PA-C
FMCSA #5196807884

2017 FMCSA Obstructive Sleep Apnea Clearance Recommendations

- A. A CME may certify a driver with an OSA diagnosis if the driver is being treated effectively (see Sections V through IX).
- B. For certification purposes, “effective treatment” or “treated effectively” is defined as the resolution of moderate to severe OSA to mild OSA or better, as determined by a board-certified sleep specialist.

The following recommendations apply to drivers of commercial vehicles:

- A. A driver may be certified initially for up to 1 year (per Section III.A) if the following conditions are met:
 - B. The driver must document PAP use for a time period no less than 30 consecutive days (minimum records requirement – initial certification) (Note: The CME has the discretion to extend the certification for no more than 30 days.), and
 - C. The driver’s PAP use records must demonstrate at least 4 hours per night use on 70 percent of nights (minimum compliance standard), and
 - D. The driver does not report excessive sleepiness during the major wake period.
 - E. While the driver is gathering PAP compliance data, he or she may continue to drive a CMV as long as he or she has a valid CME certificate and has not been disqualified.

A driver may be re-certified for up to 1 year (per Section III.A) if the following conditions are met:

- 1. The driver must document PAP use for a time period no less than the number of days between the expiration of the driver’s previous medical card and the time at which they receive their medical exam (minimum records requirement – re-certification), and
- 2. The driver’s PAP use records must demonstrate at least 4 hours per night use on 70 percent of nights (minimum compliance standard), and
- 3. The driver does not report excessive sleepiness during the major wake period.

If a driver fails to meet compliance standards, the CME may provide a 30-day certification to allow the driver to produce 30 days of consecutive PAP use data that meets the minimum compliance standard.

- 1. After the driver demonstrates compliance with 30 days of PAP use data, the CME may issue a 60-day certification to allow the driver to produce 60 days of consecutive PAP use data that meets the minimum compliance standard.
- 2. After the driver demonstrates compliance with 60 days of PAP use data, the CME may issue a 90-day certification to allow the driver to produce 90 days of consecutive PAP use data that meets the minimum compliance standard.
- 3. After the driver demonstrates compliance with 90 days of PAP use data, the CME may issue a 1-year certification.
- 4. If the driver cannot produce 30 days of consecutive PAP use data, the driver must be disqualified and cannot be re-certified until he or she is able to provide 30 days of compliant PAP use data.

Treatment: Oral appliance

MRB-MCSAC Recommendation: A driver with a diagnosis of moderate to severe OSA should try PAP therapy before oral appliance therapy, unless a board-certified sleep specialist has determined that an alternative therapy such as PAP is intolerable for a driver, in which case the driver should have the option to pursue oral appliance therapy to treat OSA.

A driver may be certified or re-certified for up to 1 year (per Section III.A) if the following conditions are met:

1. A repeat sleep study shows resolution of moderate to severe OSA, and
2. The driver has been cleared by the treating clinician, and
3. The driver does not report excessive sleepiness during the major wake period.

Treatment: Bariatric surgery

Post-operative, first 6 months: A driver with an established diagnosis of moderate to severe OSA may be certified if he/she:

1. Has been cleared by the treating clinician, and
2. Is able to provide evidence of compliance with PAP or oral device OSA therapy (see Sections V and VI).

Post-operative, after 6 months: After 6 months have passed since surgery, a driver may be certified, provided that:

1. repeat sleep study shows that the driver no longer has a moderate to severe OSA diagnosis, and
2. The driver does not report excessive sleepiness during the major wake period.

Annual recertification: If clinically indicated, repeat the sleep study.

Treatment: Oropharyngeal surgery, Facial bone surgery

1. Post-operative, less than 1 month: A driver with an established diagnosis of moderate to severe OSA may be certified if he/she:
2. Has been cleared by the treating clinician, and
3. Is able to provide evidence of compliance with PAP or oral device OSA therapy (see Sections V and VI).

Post-operative, after 1 month: After 1 month has passed since surgery, a driver may be certified, provided that:

1. A repeat sleep study shows that the driver no longer has a moderate to severe OSA diagnosis, and
2. The driver does not report excessive sleepiness during the major wake period.

Annual recertification: If clinically indicated, repeat the sleep study.

Treatment: Tracheostomy

Post-operative, less than 1 month: A driver with an established diagnosis of moderate to severe OSA may be certified if he/she:

1. Has been cleared by the treating clinician, and
2. Is able to provide evidence of compliance with PAP or oral device OSA therapy (see Sections V and VI).