



# Documents Needed for DOT Certification

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

1. Are you on any medication?

A list of prescriptions are needed

2. Do you have diabetes?

Bring Hemoglobin A1C results, drawn within the last 6 months, must be 8.0 or less.

**If on Insulin:** you will need to fill out INSULIN-TREATED DIABETES MELLITUS ASSESSMENT FORM found on <https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/regulations/medical/422521/itdm-assessment-form-final.pdf> or Google "MCSA form 5870"

3. Do you have a cardiac condition?

Stents- Bring results of last stress test within the last 2 years.

Coronary artery bypass surgery- bring results of last stress test in the last 2 years.

Heart attack – bring results of last stress test in the last 2 years.

4. Do you have sleep apnea?

Bring record of your CPAP use. **Must be 4 hours average for over 70% of night.**

5. Do you have psychiatric condition like depression/anxiety/bipolar disorder?

Bring a note from your PCP stating how well your condition is controlled and if you are safe to operate a **commercial vehicle**.

6. Have you had a recent surgery (within the last year)?

Bring a note from your treating physician regarding work restrictions, if any.

7. Are you on a blood thinner?

Bring documentation of your last INR.

8. Do you require a hearing aid or glasses for your DOT physical?

Bring a recent audiogram, performed with your hearing aids. Audiograms should be less than one month old.