

Pre-DOT Record Requirements

CARES follows government requirements for DOT Medical exams. In order to speed your certification, the following information is provided to help you comply with the guidelines. If you have the following conditions, please bring copies of the following information so that your physical will not be delayed:

Diabetes

- HgA1c results within the last 3 months

Heart Disease

- Heart attack—recent post event stress test or cardiac stress test (every 2 years)
- Cardiac bypass surgery—recent post event stress test or annual cardiac stress test (after 5 years)
- Heart Failure—post event stress test and echocardiogram
- Pacemaker—recent documentation of pacer function checks

Lung Disease/Smoker

- Yearly pulmonary function tests for those age 35 and older
- COPD—recent Pulmonary function test
- Asthma—recent Pulmonary function test
- Cor Pulmonale—recent Pulmonary function test

Sleep Apnea

- Yearly proof of physician treatment/compliance with machine use

Anticoagulant Therapy with coumadin/warfarin

- Last 2 PT/INS's (drawn monthly)

Unless you provide these requested test, you cannot undergo your DOT exam.

Additionally, if you have any of the following current medical problems your certificate could possibly be denied or require extra documentation please check the website referenced below:

Alcoholism

Epilepsy—on medication

Diabetes—on insulin will require DOT exemption

Vision in only one eye will require DOT exemption

Implanted cardiac defibrillator—not certifiable

Narcotic usage—letter from treating physician required http://nrcme.fmcsa.dot.gov/mehandbook/med4_ep.aspx