

DOT Physicals

Preparing for your exam

The DOT clearance process does not have to be a daunting task. With proper preparation, you can be cleared and back on the road without hassle.

Consider the below tips to prepare for your exam.

Don't wait until the last minute.

Consider scheduling your exam about 3 to 4 weeks before your current card expires. This will allow extra time for you to obtain additional information from your treating provider if needed. Waiting until the day of expiration to come in for a new exam may result in a lapse of certification that will render you unable to drive a CMV.

Prepare your medications.

If you are currently taking any medication, please bring a list of ALL of them to your exam. In addition, please ensure you have taken all medications as normal the day before and the day of your exam.

Consider your medical conditions.

If you wear glasses or hearing aids, bring them to your exam.

If you have hypertension, consider coming in for your exam on a day off to avoid feeling rushed or pressed for time. Failing to do so could result in a high blood pressure reading at your exam that may affect your certification.

- An initially elevated reading (above 140/90) does not automatically disqualify a driver. We will attempt several readings to assess your blood pressure.
- The CDME per FMCSA will only use blood pressure readings that are obtained in the clinic to make certification decisions. Blood pressure readings taken outside of our clinic will not be considered for your certification.

If you have diabetes, take your medication as prescribed. In addition, avoid high sugar foods for several days prior to your exam date and ensure you are consuming plenty of water.

Being proactive with your medical condition(s).

Many drivers know that, based on their medical history, a medical examiner will need more information from their treating provider(s) in order to certify them. If you would like to obtain this information from your treating provider prior to your exam, please use the form located on parkview.com/DOTphysicals.