

## **Preparing and Taking Your DOT Physical Exam**

This handout is designed to assist you in being prepared for your DOT Physical. After reviewing these recommendations, you can better decide if you are indeed ready for your test. In accordance with new Federal regulations, in the unfortunate event you do not pass your exam today, you will need to repeat the process again, later, which may include providing payment for that new exam. At Airport Clinic, Inc. we want to help you be successful and hope you see this as a tool toward that goal.

### **Preparing for Your Exam:**

- Be sure you are rested prior to arriving for your exam.
- Take your routine medications as scheduled.
- Avoid caffeine (including energy drinks, nicotine containing products, alcohol use, and extra salt for several days leading up to your exam.
- Plan your exam well before your current card expires to decrease stress about passing, and to allow for any unforeseen complications.
- If a company is paying for the exam, please make sure that you have a Letter of Authorization.
- Self-pay Exams: Payment is due at time of service.

### **What you need to bring to your exam:**

- Proper identification (current driver's license).
- A full bladder
- Glasses (if applicable).
- Hearing aides (if applicable).
- Proper documentation from current medical providers (see below for more information)
- Medications including dosing information, prescribing Provider and when you started that medication.
- Names and contact information for your Medical Provider if we need to contact them of your behalf to complete your physical.
- If a company is paying for the exam please make sure that you have a Letter of Authorization.

### **Additional information:**

Depending on any medical condition, you may need to provide additional documentation.

- Sleep Apnea: Documentation verifying your CPAP machine is operating effectively and that you are complying using your CPAP machine (must have print out showing 90 days of continuous usage).
- Medications: Sometimes a medication is used for other conditions (example: anti-seizure medications.) Bring a letter from the prescribing provider explaining the reason you are on that medication and indicating any side effects you may be experiencing.
- During the exam we perform a urinalysis, which is including in the initial exam; however, if there is additional testing required there may be an additional charge required and will be due at time of service.

### **Length of Certification**

**Be aware that under the guidelines there are certain conditions, medications, or circumstances that may limit your certification to 3 months, 6 months, or 1 year. The examining provider will inform you at the time of your exam if there are any limitations to providing you with a 2-year certification.**