

LOWCOUNTRY URGENT CARE

Federal DOT physical Examination Requirement Checklist

- Bring eyeglasses
- Bring any hearing aids
- Bring in medical clearance note from provider for any of the following:
 - Cardiology consult/ stress test, ECHO for any heart attack, stents, heart surgery, pacemaker
 - Neurology consult for any stroke, seizure, head injury, brain injury, dizziness, or passing out
 - Specialist clearance for depression, ADHD, or psychiatric disorder
 - Compliance report for Sleep Apnea
 - Specialist clearance for any aneurysm
- Your blood pressure must be under 140/90. If you have “white coat” syndrome bring note from your provider
- Bring most recent lab work such as:
 - HbA1C (past 6 months) if diabetic (Cannot be on insulin unless you have a special waiver)
 - INR level (recent month) if on Coumadin
- List of any prescription medications and regular over the counter medicines
- Some serious conditions may require a referral for evaluation before the DOT exam can be completed

****Please read the above carefully****

If there is anything on the list you do not have, please come back when you have everything available.