



Your Health & Safety Source

In anticipation of the DOT compliance date of May 2014, this outline will assist patients with the documentation needed for the most common health problems associated with DOT medical certification or recertification. Documentation should be brought to the DOT exam /appointment. By doing so, this will help expedite the process.

Sleep Apnea

- Letter from the doctor treating for the sleep apnea, stating that your current CPAP treatment is effectively controlling your sleep apnea.
- Documentation that verifies equipment (CPAP machine) is operating effectively and show that you are compliant with the use of the CPAP (smart card printout)

History of Asthma / COPD

- If you have a history of lung disease (asthma or COPD) or have symptoms of shortness of breath, cough, chest tightness, wheezing or drivers of the age of 35 and smoke will need a spirometry. You can arrange to have this done at your doctor's office or with Eastern Medical Support.

Diabetes

- Letter from the doctor treating you for the diabetes, stating you are being treated for diabetes. A list of the medications you are taking and that the medications are tolerated and would not interfere with the ability to drive. How frequently you are monitored for glucose control and efficacy of treatment. Verification that you have had no severe hypoglycemic reactions in the last 12 months. Date and results of your last hemoglobin A1C level. If you have any complications from diabetes (example: renal, cardiovascular or neurological concerns). **Diabetic on insulin is disqualifying, unless you have a federal diabetes waiver.**
- Letter from your eye doctor or the doctor treating you for your diabetes, stating the date of your last eye exam and that there is no retinopathy. **Unstable proliferative or unstable non-proliferative retinopathy is disqualifying.**
- If you are on incretin mimetic treatment, such as Byetta (exenatide), Bydureon (exenatide extended-release) a letter from your doctor prescribing this medication will be needed describing the driver's tolerance to the medication. How frequently the driver is monitored for adequate blood glucose control and efficacy of treatment.

Cardiovascular Disease

- History of heart attack, angina or post – PCI: You will need a letter from your cardiologist stating that you are cleared to drive a commercial motor vehicle with no restrictions. DOT requires an exercise stress test every 2 years. You will need to bring a copy of the stress test results to your exam. If the above has occurred in the past year, a copy of the most recent Echocardiogram is also required.

- History of cardiac bypass surgery: A letter is required from you cardiologist stating that you are cleared to drive a commercial motor vehicle with no restrictions. After 5 years from the date of surgery you will need a yearly exercise stress test. Please bring the stress test results to the DOT exam. If the bypass surgery is within the past year, a copy of your most recent echocardiogram will be required.

Anticoagulant Therapy

- If you are taking warfarin for cardiovascular disease, please bring a copy of the most recent INR results to your DOT exam.

Anticonvulsant Medication

- If you are taking topamax, neurontin (gabapentin) or other seizure medication for other than a seizure disorder (example: chronic pain or migraine prophylaxis) a letter from the doctor prescribing the medication stating that the medication is not being prescribed for seizure. Also, if you are experiencing side effects that the side effects would not interfere with driving a commercial motor vehicle is required.

A limited certificate of one year is issued for drivers with a history of:

- **High blood pressure**
- **Diabetes**
- **Sleep Apnea**
- **Cardiovascular Disease**
- **Heart Surgeries**
- **Antidepressants**
 - *Pristiq, Cymbalta, Effexor, Effexor XR, Celexa, Lexapro, Prozac, Prozac Weekly, Sarafem, Paxil, Paxil CR, Zoloft.*
- **Antipsychotics**
 - *Abilify, Abilify Discmelt, Saphris, Zyprexa, Zyprexa Zydis, Seroquel, Seroquel XR, Risperdal, Risperdal M-Tabs, Geodon, Symbyax, Nardil, ESAM, Parnate.*
- **Lithium**
- **Byetta**
- **Provigil**
- **Warfarin (cardiovascular disease)**

Note: *The medications listed require a safety letter from the driver's Primary Medical Provider indicating the prescribed medication is tolerated and no side effects interfere with driving a commercial motor vehicle.*