

Preparing for Your DOT Physical

1. Gather Your Health Documents

- Please bring a list of the medications you're currently taking, and review the items below to see if they apply to you.
- **Sleep Apnea Patients:** Bring a statement from your sleep physician stating that you are compliant with CPAP machine use.
- **Patients receiving anticoagulant therapy:** Bring a statement from your physician stating that your coagulation status is stable.
- **Patients with cardiac conditions:** Bring a statement from your cardiologist stating that you can safely fulfill commercial driving requirements.

2. Prepare on the Day of Your Physical

- Arrive at the clinic with a full bladder – you will need to provide a urine sample.
- Bring a valid government-issued photo ID such as a driver's license, passport, military ID, or permanent resident card.
- If you use them, bring your eyeglasses, contacts and/or hearing aids.
- Your blood pressure must fall within the DOT guidelines. **If you have hypertension,** remember to take your medication and avoid caffeine prior to your appointment.

3. Choose a Primary Health Medical Group Location

- DOT Certified Medical Examiners are available at all Primary Health clinics. Visit PrimaryHealth.com for addresses and phone numbers.
- No appointment is needed; plan on being at our clinic for 45 minutes - 1 hour.



Questions?
Please contact our
Occupational Health team
at 208-947-1940.