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.