



and Clinic System
Affiliate of Mercy Medical Center Des Moines, Iowa

Your Name: _____

FEDERAL DOT CMV MEDICAL EXAMINATION REQUIREMENTS CHECK LIST

The Department of Transportation CMV medical exam has specific requirements that must be met. In order to make your application process for a CMV go smoothly you must provide the following when you come for your exam. Please read this carefully and check off each item as you have it completed.

- If you require correction to your **vision**, you must bring a pair of glasses with you to the exam.
- If you wear **hearing aids**, you must bring the hearing aids and an extra power source with you.
- If you have had a **heart attack, coronary artery stents, heart disease, chest pain or any heart surgery**, a cardiology consult will be required BEFORE your CMV exam. At your CMV exam, you will need to bring a copy of your most recent cardiac stress test results (must be within 2 years), echocardiogram results (if applicable), and a clearance letter from your cardiologist. Please call the clinic for assistance with this consult.
- Risk Assessment Tool for estimating your 10-year risk of having a heart attack**
 - Bring your lipid panel (total cholesterol, triglycerides, HDL/LDL levels), current within the last year, to your appointment.
 - If you have not had a lipid panel within the last year, **please come in fasting**. Nothing to eat or drink after midnight.
- If you have had a **stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope)** you will require a neurology consult BEFORE your CMV exam. Please call the clinic for assistance with this consult.
- If you have **diabetes**, you are required to bring a letter from your treating provider (primary care provider or endocrinologist) that documents a HgbA1C(<10%) within the past 6 months and a 1-month log of fasting blood sugars. Please call your clinic for assistance.
- If you are being treated for adult **depression, any psychiatric disorder, or Attention Deficit/Hyperactivity Disorder (ADHD)**, you are required to provide documentation from your primary care provider or mental health provider about your diagnosis, treatment plan including medicine for clearance to drive a commercial vehicle.
- If you have **sleep apnea or a sleep disorder**, you will require a consult with a sleep specialist BEFORE your CMV exam. Please call the clinic for assistance with this consult.
- If you take **blood thinners**, such as Warfarin (Coumadin), you must provide documentation of monthly INR results. You must have a therapeutic INR within a month of your certification.
- If you have a **pacemaker**, you must bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).



- If you are a **smoker >35 years old, have asthma, COPD or other respiratory illness** you will need to have a pulmonary function test. Please bring the documentation with you to your appointment.
- If you are on any **prescription or over-the-counter medications**, please bring your actual medication bottles with you.
- If you are taking **blood pressure** medication make sure your blood pressure is less than 140/90 or your certification may be delayed.
- If you have an **abdominal, thoracic or other aneurysm (dilated blood vessels) or have had surgery for an aneurysm** you will need a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- Be sure to bring to your appointment:
 - your **driver's license**
 - your current **medical card**
 - a copy of your current **physical exam report**
 - the **physical exam long form** with the driver and health history portion completed by you.
- If you see a health care provider for any **chronic health issues**, please bring a **copy of the last visit** with you to your appointment. It should include diagnosis, date of onset of the condition, medications (dose, frequency), current limitations and contact information for that provider.

To SCHEDULE YOUR DOT PHYSICAL APPOINTMENT

We want to make the DOT Physical Exam process as efficient as possible for you. DOT Physicals are conducted on Monday and Friday mornings. Anytime you contact us regarding your DOT Physical please identify yourself and that you are calling specifically regarding your **DOT Physical Exam**.

To schedule your appointment please call our Clinic Call Center at **641-872-2063**.

Your appointment will be scheduled at the following location:

Wayne County Hospital Specialty Clinic

417 S. East Street

Corydon, IA 50060

641-872-2063

Please arrive for your physical exam 15 minutes prior to your appointment and bring all required documentation. The DOT Physical does not replace your annual physical. Payment is due at time of service. There may be supplemental charges for additional testing services provided. Prices are subject to change.

OTHER RESOURCES:

You may check the websites listed below for clarification on any of the above requirements.

- Iowa Department of Transportation: <http://www.iowadot.gov/mvd/ods/MCRforCDL.html>
- Federal Motor Carrier Safety Administration: <http://www.fmcsa.dot.gov/>
- National Registry of Certified Medical Examiners: <https://nrcme.fmcsa.dot.gov/>
- Medical Handbook: http://nrcme.fmcsa.dot.gov/mehandbook/HB_map.aspx