**The department of transportation CMV medical exam has specific requirements that must be met. In order to make the process go smoothly the following requirements must be met and documentation listed must be provided at the time of your exam. Please read this document carefully.**

**Everyone must bring their current state driver’s license and if you have a current medical certificate (wallet card) bring that as well.**

Please contact one of the below clinics to schedule your DOT physical exam. When calling please specify it is for a DOT physical.

South Central Iowa Medical Clinic Lineville Medical Clinic

417 S. East Street, Corydon, IA 50060 101 Main Street, Lineville, IA 50147  
Phone: 641-872-2063 | Fax: 641-872-2070 Phone: 641-876-2070|Fax: 641-876-2458

* Please print form MCSA-5875 and complete section one (driver’s portion) and sign. You can obtain the form at the link provided. <https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/regulations/medical/63061/medicalexaminationmcsa587511302021.pdf>
* Bring all current medications with dosage and prescribing provider information.
* Vision screening will be performed which DOT guidelines requires you to pass with at least 20/40 acuity and peripheral vision of 70 degrees. Bring corrective lenses (glasses/contacts) to your appointment. You are also required to be able to distinguish the standard traffic signal colors of green, amber, and red.
* Hearing screening must be able to hear a forced whisper at a minimum of 5 feet. If you are unable to pass a forced whisper test at exam you may be required to have a formal hearing test and pass. If you require hearing aids bring them and always carry extra batteries.
* Urinalysis will be performed to look at specific gravity, blood, glucose, and protein in the urine. Drink plenty of water prior to your appointment.
* Blood pressure must be less than or equal to 140/90. If your blood pressure is greater than 140/90 but less than 180/110 you may qualify for a shorter interval on your medical examination certificate. Ensure that if you are prescribed blood pressure medication that you are taking as directed. Avoid salty foods, caffeine, smoking, and sugary drinks prior to exam as they can raise your blood pressure.
* Medications for depression, headaches, psychiatric conditions, or ADHD require documentation from primary provider or mental health provider about your diagnosis, treatment plan including medicine for clearance to drive.
* Loss of a limb or loss of use of a limb requires a Skills Performance Evaluation (SPE) given by the Federal Motor Carrier Safety Administration (FMCSA) prior to you medical exam.
* Drivers with Sleep Apnea : Bring a reading from your machine documenting at least 70% proper usage, 1 year of documentation is recommended, this can be obtained from the supplier of your machine. Also a letter from your sleep specialist giving you clearance to drive.
* Drivers with diabetes: Your blood sugar must be controlled. Current Hemoglobin A1C (within the last 6 months) and a blood sugar log are required.
* If you use insulin you must have form MCSA-5870 filled out by your primary provider with a Hemoglobin A1C level and 3 months of blood sugars to qualify. Link to form MCSA-5870 <https://www.fmcsa.dot.gov/sites/fmcsa.dot.gov/files/docs/regulations/medical/422521/itdm-assessment-form-final.pdf>
* Drivers with a history of a stroke, seizure, head injury, mini stroke, intracranial bleed, brain infection, dizziness, or passing out spells (syncope) you will require neurology consult before your certification exam.
* Drivers with history of heart attack, coronary artery stents, heart disease, chest pain (angina), or any heart surgery including pacemaker you will require a cardiology consult with clearance to drive before your certification exam. You will also need to bring a copy of your most recent cardiac stress test results (must be within the last 2 years), copy of your annual pacemaker check, current cholesterol panel (lipids), labs, and echocardiogram results (if applicable).
* If you have an abdominal, thoracic, other aneurysm, or surgery for an aneurysm you will be required to have documentation from your vascular surgeon for clearance to drive and a copy of ultrasound.
* If you are a smoker >35 years old, have asthma, COPD, or other respiratory illness you will need to have a pulmonary function test and bring documentation to your appointment.
* Cardiac defibrillators are disqualifying.
* If you take blood thinners such as Coumadin (Warfarin) you must provide documentation of monthly INR results and you must be within therapeutic range within a month of certification.
* History of current alcoholism disqualifies you. Use of methadone or marijuana automatically is disqualifying. Use of narcotic, amphetamine, or other habit forming drugs without a prescription from a treating physician automatically disqualifies you.
* Other resources with links: Federal Motor Carrier Safety Administration: <https://www.fmcsa.dot.gov/>

National Registry of Certified Medical Examiners: <https://www.fmcsa.dot.gov/regulations/national-registry/national-registry-certified-medical-examiners>

Iowa Department of Transportation: <https://iowadot.gov/DriversVehicles#CommercialDrivers> Missouri Department of Transportation: <https://www.modot.org/SC>