

Guidelines and Instructions for DOT Medical Certification Exams

Dear DOT Driver:

Welcome to Spartanburg Regional Corporate Health! We currently have two sites available to you for DOT medical exam. To better serve you, the following guidelines and instructions will ensure your exam will go more smoothly. Please comply with the following:

- Have baseline knowledge of your current medical condition and history such as surgeries, interventions, or other ongoing medical problems. Bring any medical records related to your work duties as appropriate for the exam. Pay special attention to any treatment related to seizures, diabetes, thyroid, hypertension, sleep apnea, or cardiac concerns. You may be required to undergo additional testing such as cardiac stress or sleep testing.
- Sleep apnea requires an annual certification. Please bring a copy from your sleep specialist certifying compliance and effectiveness. CPAP records should show 3 months or more of data, minimal acceptable compliance with CPAP is at least 4 hours/day of use 70% of days.
- Bring all medications or a list of the medications and dosages with you. Narcotics, benzodiazepines, schedule II medications, and other chronic pain medicines may indicate need to disqualify. A completed 'CMV Driver Medication Form MCSA 5895' is necessary from the driver's physician and should state he or she is free of any significant adverse effects from the medication for driving, please bring this completed questionnaire to your exam.
- Please be prepared to give a urine specimen for testing and/or possible drug testing. The urine specimen may be tested for glucose(sugar) to check for diabetes or blood/protein for kidney disease. If the urine specimen is positive for glucose, a finger stick for blood glucose (blood sugar) is required. *Do not eat excessive sweets or meals prior to arrival as this may elevate your blood sugar.*
- An eye examination is part of the exam process. Please bring your current eyeglasses or contacts with you to ensure an accurate assessment of your vision. You must have at least 20/40 vision in each eye to be qualified for a DOT medical certificate.



□ 2660 Reidville Rd, Suite 1
Spartanburg, SC 29301
Phone: 864-560-9651
Fax: 864-560-9636

□ 150 D Street
Greer, SC 29650
Phone: 864-849-9180
Fax: 864-801-4398

- A driver who requires insulin to control diabetes may be qualified with a 1-year certification as long as requirements are met. Drivers need to bring the DOT's 'ITDM Assessment Form, MCSA 5870' to their treating clinician prior to their DOT Medical Exam appointment. You must bring this ITDM Assessment Form completed by the treating clinician with all associated records including three months of glucometer readings to the DOT Certified Medical Examiner within 45 days of the assessment form's completion to be evaluated.
- Your blood pressure will be measured. If it is elevated, you may be required to return for further readings or referred to your primary care provider for evaluation and possible treatment. *Consuming caffeine, decongestants, energy drinks, heavy salt foods or smoking prior to your arrival may elevate your blood pressure.* Your length of DOT certification may be reduced depending on your blood pressure reading and/or treatment.
- A hearing test (audiogram) or whisper test is required as part of your exam. If you routinely wear hearing aids, please bring them with you. If you have seen an audiologist for a significant hearing problem, please bring documentation regarding your audiologist's evaluation.
- Valid picture identification that is government or work issued is required. Social security cards are unacceptable.
- Bring all appropriate paper work that your company provides you to the exam. Also, please fill out all pertinent sections such as medical history prior to arriving.

If you have any questions regarding your DOT medical certification, please contact your employer for assistance.

Thank you,

SRHS Corporate Health Team