



# CDL PHYSICAL

## Requirement Checklist

The Department of Transportation medical exam has specific requirements that must be met. In order to make your process go smoothly you must provide the following when you come in for your exam. **Please read this carefully and use this to check off each requirement that pertains to you.**

*\*\*Please consult with your Primary Care Physician (PCP) for any of these required documents.*

- 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 exam. At your 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 cardiology.
- \*\*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 exam.
- \*\*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.
- \*\*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 be requiring documentation confirming compliance with your CPAP machine.
- \*\*If you take blood thinners**, such as Warfrain (Coumadin), you must provide documentation of monthly INR results. You must have 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 (PFT). Please bring the documentation with you.
- If you are on any **prescription or over-the-counter medications**, please bring the actual medication bottle 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.
- \*\*If you see a health care provider for any chronic health issues**, please bring a **copy of the last visit** with you to your exam. It should include: diagnosis, date of onset of the condition, medications (dose, frequency) current limitations and contact information for that provider.

**Got everything you need? Schedule your appointment today call us at 808.456.2273!**

*\*\*\*We recommend that drivers come in at least 4-weeks before their Medical Certificate expires in the event additional documents are required.*