

New England DOT Physicals

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DOT Physical Check List

Please bring the following to your appointment:

- Driver's license
- Drink water for the Specimen test (test for sugar)
- Current list of all medications
- Eyeglasses if needed for distance
- Hearing aids if needed with extra power source

In addition please also bring the following if applicable:

- Diabetes- A letter from your treating provider that documents the last A1C and a copy of your yearly diabetic eye exam.
- 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 DOT exam. At your DOT 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.
- 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 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 DOT exam.
- 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, you will be required to bring the past 30 day usage for your CPAP Machine, for an oral appliance a letter from your provider on compliance or Documentation for COPD, Emphysema BEFORE your DOT exam.
- 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.

****Please note your dot exam results will be delayed if you are not prepared with the above items****