

OCCUPATIONAL MEDICINE

Preparing For Your DOT PHYSICAL EXAM

TO PROVIDE YOU WITH THE BEST POSSIBLE SERVICE AND TO RECEIVE YOUR CERTIFICATION CARD IN A TIMELY FASHION, WE ENCOURAGE YOU TO FOLLOW THESE SIMPLE STEPS:

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STEP ONE: Schedule An Appointment

Make your appointment with an Occupational Medicine Provider by calling one of our Occupational Medicine clinics 3-4 weeks in advance to allow time for gathering the necessary items in Step 2.

BOISE

6051 W. Emerald St.
Phone: (208) 302-7600
Fax: (208) 302-7605

CALDWELL

315 E. Elm St., Suite 100
Phone: (208) 302-7620
Fax: (208) 302-7192

FRUITLAND

910 NW 16th St., Suite 102
Phone: (208) 452-8040
Fax: (208) 452-8056

NAMPA

1150 N. Sister Catherine Way
Phone: (208) 302-7640
Fax: (208) 302-7625

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STEP TWO: Gather Your Health Documents

Review your health history & bring any of the documents that apply to your exam.
Failure to provide proper documentation may cause delays in certification.

- A list of medications you are currently taking.
- Diabetic patients must show proof that your condition is under control by your primary physician. Bring your lab results performed within the last three months, including hemoglobin A1c, and documentation from your physician stating you have maintained adequate control.
- Drivers using CPAP machines must provide a print out from their machine from the last 3 months to their Sleep Specialist.
- The Sleep Specialist needs to write a statement indicating CPAP usage and compliance as per DOT guidelines. This must be done annually.
- Patients receiving anticoagulant therapy should bring results of an INR performed within the last 30 days and a statement from your physician stating that your coagulation status is stable.
- Patients with cardiac condition(s) should bring copies of your most recent stress test and EKG, as well as a statement from your cardiologist stating that you can safely fulfill the requirements of a commercial driver.
- There are other medical conditions that may require special testing and/or verification from treating medical providers.

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STEP THREE: Appointment Day Preparation

- Arrive at the clinic with a full bladder, you will need to provide a urine sample or protein, sugar and blood.
- Bring corrective glasses and/or contacts.
- Patients with hypertension must have a blood pressure that falls within the DOT guideline. Remember to take your medication prior to your appointment and avoid caffeine.
- Avoid caffeine the day of exam, as it may raise your blood pressure.

QUESTIONS? CALL ONE OF THE CLINICS LISTED ABOVE OR VISIT

Healthy Tips For PROFESSIONAL DRIVERS

FATIGUE PREVENTION TIPS

- Get at least 8 hrs rest before long trips
- Eat a well balance diet
- Reduce caffeine intake (2 servings/day)
- Exercise regularly
- Avoid energy drinks (Red Bull, Monster, etc.)
- Reduce excess weight
- Stop smoking and chewing tobacco
- Sleep on your side or stomach
- Find time for proven relaxation techniques
- Manage your time and stress
- Avoid drinking alcohol or taking sleeping pills

SLEEP APNEA SYMPTOMS

- Morning headaches and nausea
- Loud snoring
- Gasping or choking while sleeping
- Feelings of Depression
- Loss of sex drive or impotence
- Disturbed Sleep
- Concentration and memory problems
- Irritability
- Frequent nighttime urination

DRIVERS EXHIBITING TWO OR MORE of the following may be referred for sleep apnea evaluation:

- BMI higher than 35
- Men with neck circumference greater than 17”
or females greater than 16”
- High blood pressure: New, uncontrolled
or unable to control with less than
two medications

WEBSITES FOR REFERENCE

Federal guidelines have become more defined regarding health requirements. All Occupational Medicine providers are required by law to follow them. Please reference the websites below for additional information or call your clinic directly with questions.

- US Dept of Transportation - Federal Motor Carrier Safety Admin: fmcsa.dot.gov
- BMI calculation: nhlbisupport.com/bmi/
- Drowsy Driving Quiz: fmcsa.dot.gov/safety-security/sleep-apnea/tools/drowsy-quiz.aspx
- Saint Alphonse Health System: saintalphonse.org

HEALTHY SNACKS FOR THE ROAD

- Dry cereal
- String cheese
- Pretzels
- Yogurt
- Baked chips
- Seeds/nuts
- Cut vegetables
- Lightly buttered popcorn Fresh fruit
- Beef jerky
- Breakfast bars
- Whole grain crackers Dried fruit
- Granola bars
- Peanut butter
- Whole grain bread

