



The US Department of Transportation requires most truck and bus drivers to undergo physical examinations which meet federal regulatory requirements.

The following is a handy checklist containing information which may be helpful to drivers on the day of their examination:

- Refrain from drinking any caffeinated beverages prior to your exam. This may increase your blood pressure, and may affect your certification status.
- If you are currently taking high blood pressure medications, don't forget to take them on the day of your examination.
- Bring a list of all the medications that you take, including herbal supplements or vitamins. This information can be very helpful, if the doctor has a question about an exam finding.
- If you wear contacts or glasses to drive, please be sure to bring them with you on your examination day.
- Do not bring jewelry, cash, or other personal items of value to your examination. If a drug screen is performed, you will be asked to leave your valuables when giving your urine sample.
- Complete your DOT Health History form prior to your appointment time, and bring it to your exam.

Following these tips may help make the DOT medical examination and certification process more efficient.