

CompChoice

Occupational Health Services

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Medical DOT examination

Please take the any of the following to your exam with you to expedite the certification process:

- Current list of all medication and the name and phone number of the prescriber.
- If you are diabetic: Insulin dependent diabetes is still disqualifying. Driver must provide print copy of a A1C obtained within previous 3 months; adequate control is a values <8.0; Values between 8.0 and 10.0 can be certified for a 3 month card to allow for control; Values > 10.0 are medically disqualified until A1C is <8.0.
- **Hypertension-High Blood Pressure:** No changes in guidelines for 15 year. Blood pressure must be 140/90 or less. If under treatment medical certification is yearly. If first diagnosed, no meds and BP is <160/99, can still certify for 1 year. If on treatment and BP is between 141-179 systolic and 91-109 diastolic; can be certified for 3 months to control. Anyone with BP > 180/110 medically disqualified until under 140/90.
- **Vision:** no changes. Must be at least 20/40 in **each** eye and 20/40 in **both** eyes together.
- Blood thinners: 1 month wait to verify stability. Proof of monthly blood tests at annual exam

If you have had any of the following please provide:

- **Heart Attack:**
- 2 month waiting period
- Have release from cardiologist
- Must be asymptomatic and tolerating meds
- Must pass an exercise test with criteria
- Have an echocardiogram showing EF > 40%
- Must have and pass exercise test every 2 years.
- **Stent and angioplasty:**
- Minimum 1 week waiting after procedure
- Cardiologist release
- No symptoms and tolerates meds
- No ischemic post procedure EKG
- Initial certification for 6 months, then yearly
- Must pass an ETT 3-6 months after procedure
- Pass ETT every 2 years
- **Coronary Artery Bypass Surgery**
- 3 month waiting period (for sternal healing)
- Cardiologist release
- Asymptomatic and tolerating meds
- Echocardiogram showing EF > 40%
- No special tests until 5 years post-op; then yearly ETT
- **Other Cardiac Considerations:**
- Pacemaker: 1 month wait, annual proof of routine PM checks
- Heart valve: Same as CABG
- Blood thinners: 1 month wait to verify stability. Proof of monthly blood tests at annual exam
- Implantable defibrillator: cannot medically certify.

If you have any of the following please provide:

- **Obstructive sleep apnea:** 70% of all people with EDS (excessive daytime sleepiness) have either OSA or narcolepsy.

Inservice evaluation: Recommend any of:

- Suggestive sleep history (loud snoring, admitted excessive daytime sleepiness)
- Two or more: BMI > 35. Neck circumference > 17" in men and 16" in women. Poorly controlled HTN.
- Epworth Sleepiness score > 10. Known OSA but no compliance data. AHI > but <30 in previous sleep study.

Out of service evaluation:

- Observed, unexplained EDS or confessed excessive sleepiness-like falling asleep in the waiting room.
- MVA likely related to falling asleep or inattentiveness.
- ESS > 16. Not treating known OSA. AHI > 30.
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OSA medical Certification:

- Minimum 1 week waiting period after starting CPAP.
- Must certify yearly
- Must provide proof of treatment compliance: Use data from CPAP machine: More than 4 hours per night; more than 70% of nights. Alternate "napping" tests.

Smokers-Asthma-COPD:

- Must ask every driver if they smoke.
- If >35 years old, spirometry is required: an individual can have substantial reduction of lung function without symptoms. Passing is >65% predicted for FEV1 and FEV1/FVC
- If fail spirometry –will need pulse oximetry (needs to be >92%)
- Fail oximetry-will be referred for arterial blood gases.