

# WHAT TO BRING TO YOUR DOT PHYSICAL EXAM

The Department of Transportation (DOT) requires drivers to pass a medical exam to ensure their health is in good standing. If a driver has any chronic health conditions, they may need to bring paperwork from the provider who is managing those conditions for the DOT medical examiner to review. All forms can be found online at [fmcsa.dot.gov](https://fmcsa.dot.gov).

- **All drivers** should bring their driver's license to their appointment, along with a printed copy of the completed health history form (MCSA 5875). If you cannot complete and print the health history form beforehand, please arrive 15 minutes early to your appointment to allow plenty of time to complete the paperwork.
- **Drivers who wear glasses, contacts or hearing aids** must bring them to their appointment.
- **Drivers with a history of sleep apnea** need to bring a printed report of CPAP compliance since your last DOT medical exam. If you are unsure how to obtain this, please contact the manufacturer of your CPAP machine.
- **Drivers with a history of diabetes** need to bring their most recent (within the last 6 months) hemoglobin A1C result along with at-home records of blood sugar logs, if applicable. If they take insulin, the form (MCSA 5870) must be completed by their provider no earlier than 45 days before the DOT physical.
- **Drivers with a history of heart conditions**, including stents valvular conditions, pacemaker, heart attack, bypass, etc., need to bring a letter from their cardiologist that discusses these conditions and the driver's ability to drive a commercial vehicle. Drivers should also bring a stress test or echocardiogram from within the last 1-2 years (timeline depends on condition).
- **Drivers with a history of stroke or seizures** need to review the driver physical requirements. Stroke or seizure history may be disqualifying, so please review the information before the appointment.
- **Drivers who take medications that can cause sedation, drowsiness or stimulants** need to bring a note (MCSA 5895) from their prescribing provider discussing the use of these medications and if the medications will affect driving a commercial vehicle. These include, but are not limited to, medications for anxiety, depression, sleep, pain and ADHD.

**FMCSA Website:** [fmcsa.dot.gov](https://fmcsa.dot.gov)

**Form MCSA-5870:** Insulin Treated Diabetes Form. Complete within 45 days of physical.

**Form MCSA-5875:** Medical History Forms. Complete before appointment and bring with you.

**Form MCSA-5895:** Driver Medication Form. Complete within 45 days of physical.