

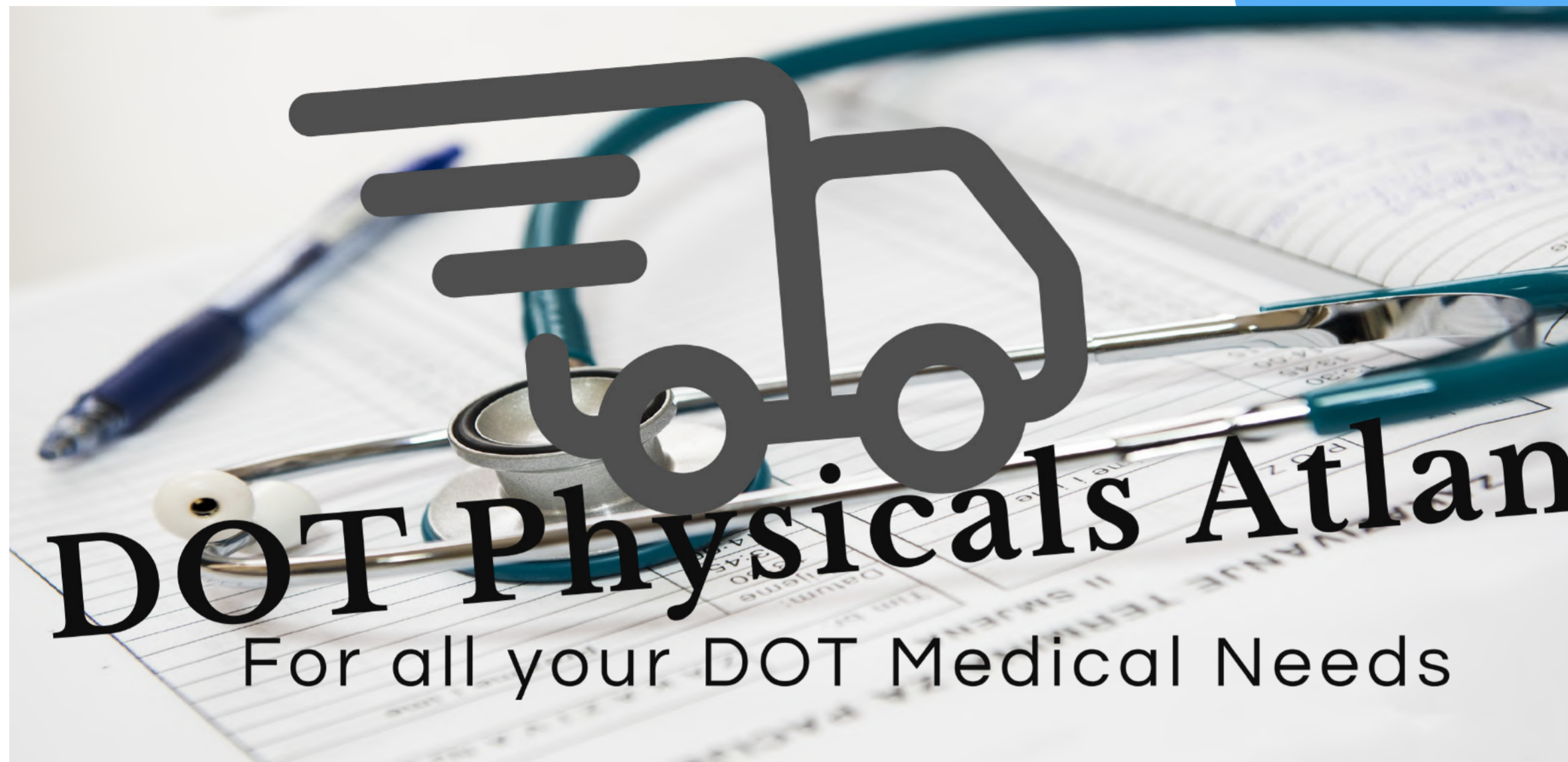


THE SECRET GUIDE
**TO TAKING A DOT
MEDICAL EXAM**



DOT Physicals Atlanta

What is a DOT Physical?




Passing a Department of Transportation (DOT) medical examination is the first step to ensuring that your commercial driver's license (CDL) is compliant with the Federal Motor Carrier Safety (FMCSA) guidelines.

The department of transportation (DOT) requires all commercial drivers to undergo a medical exam every two years. The goal of this requirement is to keep unsafe drivers off the road.

But what does "unsafe" mean? Well, it's not just about being physically unfit for driving—the DOT wants to make sure your mental health and personality are in good shape as well. That means you'll need to fill out a questionnaire and answer questions about your mental state, any past or present medical history, past drug and alcohol use, and any other factors that could affect your ability to drive safely. You'll also need to provide documentation from your doctor that proves you're fit enough for the job if you have any medical conditions that the FMCSA states that a second opinion is needed from your primary care provider (PCP) who you may visit with more frequency and is familiar with.

Taking The Exam


DOT Physicals Atlanta
For all your DOT Medical Needs



First, get plenty of rest and eat a healthy meal before your appointment. This will help ensure that you're as relaxed and focused as possible during the exam.



Second, be sure to bring any previous doctors' notes and records with you, including any medications or supplements that you are currently taking. This will help save time during the exam if there are any questions about a specific condition or medication that may affect your ability to drive safely. These items should also include prescription glasses, hearing aides, CPAP machine results for the last 30,60 and 90 days, along with any medical clearance paperwork for any exemptions such as diabetes with insulin use, skills performance evaluation forms (SPE) or vision exemption forms which may all be found on the FMCSA website www.fmcsa.org.



Thirdly, here are some of the medical tests that a certified DOT medical examiners may require for all commercial motor vehicle (CMV) drivers to pass a medical examination. This is done in order to ensure that commercial drivers are healthy enough to drive and do not pose a threat to the public.



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The exam consists of several elements, including:

Vision test:

A vision test is a way of measuring your eyesight, depth perception and visual acuity. You may be asked to read letters, numbers and or figures on a chart and then answer questions about what you see. If you wear prescription glasses make sure to bring them to the exam because you must be able to see out of both eyes individually from 20 feet away at at least the 20/40 line.



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For all your DOT Medical Needs

Hearing test:

The hearing test is usually a whisper test that is used to measure your ability to hear soft spoken sounds. You should pass this test if you can hear a whisper from 5 feet away.

If you wear hearing aides make sure to bring them to the appointment.

To pass the hearing whisper test, you need to be able to hear a soft sound at least one ear from a distance of 5 feet.

Vital Signs:

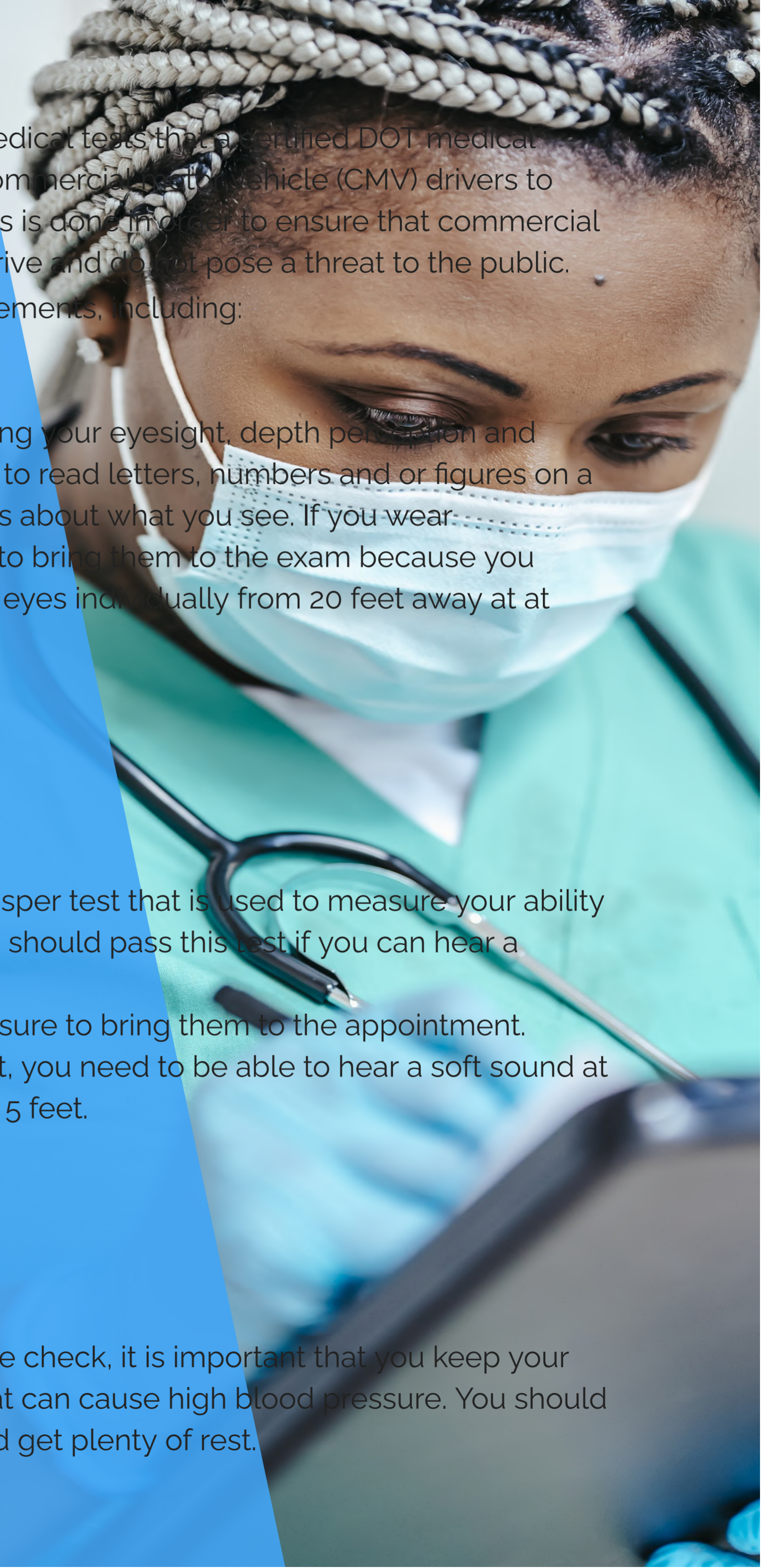
Height

Weight

Blood pressure

Pulse Oximetry

In order to pass a blood pressure check, it is important that you keep your diet healthy and avoid foods that can cause high blood pressure. You should also try to exercise regularly and get plenty of rest.



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Urinalysis:

You will be asked to urinate into a cup. You should not drink anything except water for at least 2 hours before the test to ensure that you are properly hydrated.

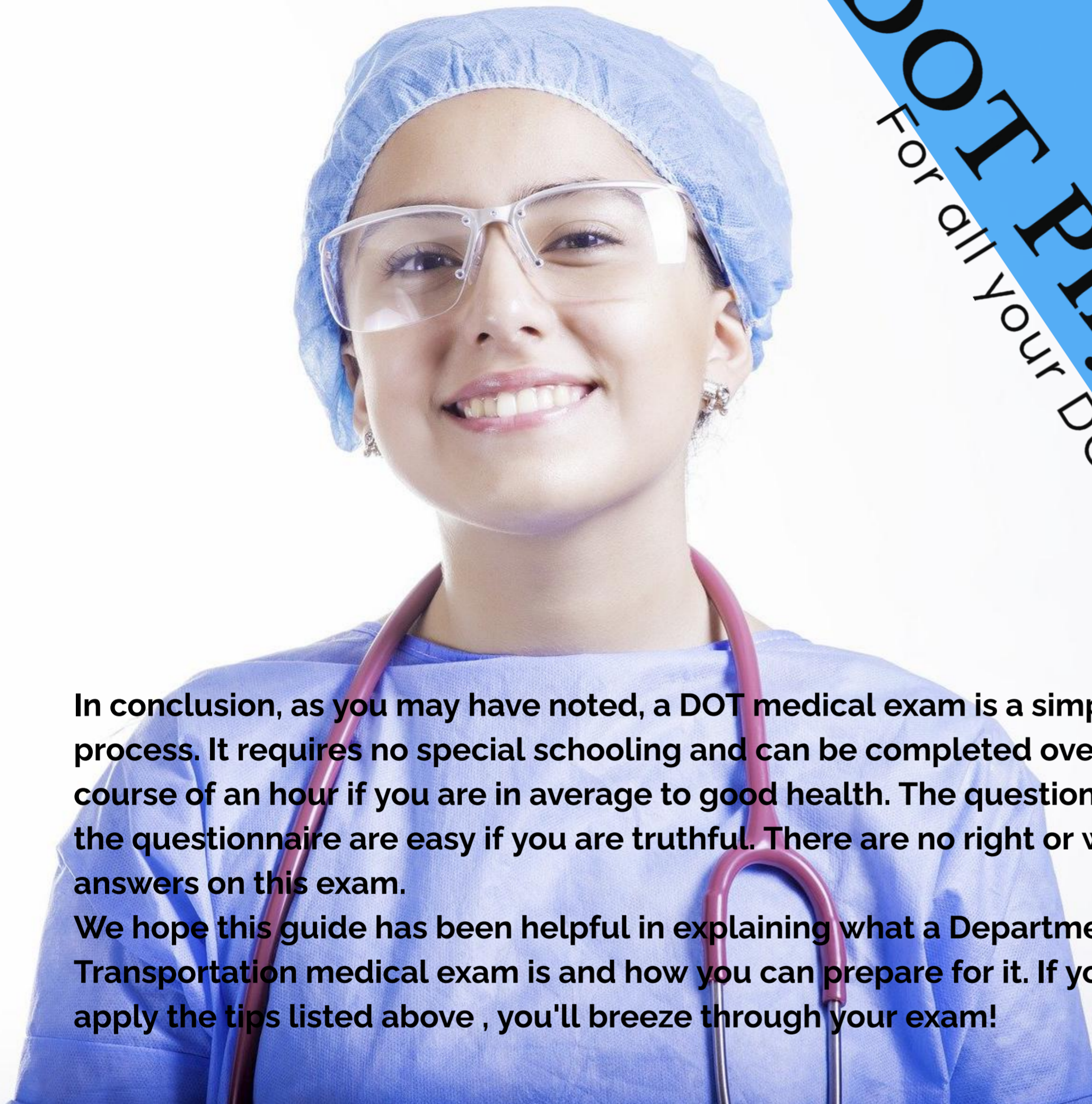
The purpose of a urinalysis is to determine if there are any abnormalities in your urine and to test for kidney function. If you have diabetes, you may have ketones or protein in your urine. These can be signs of diabetic complications such as kidney disease, which can lead to kidney failure if left untreated.

Review of 12 systems by the certified medical examiner (CME).

This is the part of the exam where you will sit or lay back and the examiner will do the rest.

The CME will review your weight and height to determine your body mass index (BMI). The CME will check your eyes, ears, mouth/throat, skin, heart, lungs, joints, vascular system, abdominal organs, genito-urinary system (for hernias) and spine for any abnormalities. If you have symptoms such as chest pain or shortness of breath, these will be examined th





In conclusion, as you may have noted, a DOT medical exam is a simple process. It requires no special schooling and can be completed over the course of an hour if you are in average to good health. The questions on the questionnaire are easy if you are truthful. There are no right or wrong answers on this exam.

We hope this guide has been helpful in explaining what a Department of Transportation medical exam is and how you can prepare for it. If you apply the tips listed above , you'll breeze through your exam!

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