

MID-STATE

Occupational Health Services, Inc.

DOT Certification & Recertification Physicals

This document has been developed to provide you with information on paperwork and testing that is **required** by FMCSA (Federal Motor Carrier Safety Administration) for your medical evaluation. It is **required** that you have all the necessary documents with you at the time of your appointment, so not to delay the examination process or certification.

Below are some common conditions and the associated tests/documentation required to complete your DOT physical.

Medical Condition	Required Tests
<i>Type II DM (non-insulin dependent)</i>	-Most follow with family doctor every 6 months. -HgBA1C blood test every 6 months -Annual eye exam -EKG every two years -Must bring log book of self glucose checks **Required to carry a glucose source in the vehicle
<i>Sleep Apnea</i>	- <i>Annual</i> Sleep study or Multiple Sleep Latency Test (MSLT) -Documentation from treating physician stating compliance with CPAP
<i>History of Coronary Artery By-Pass Surgery (CABG)</i>	-Annual Stress Test required after 5 years after surgery. **Any positive or inconclusive stress test requires additional testing and follow-up with a cardiologist.
<i>History of a Heart Attack</i>	-If right after the heart attack, cannot drive for two months and will need clearance from cardiologist and stress test (must meet certain parameters) to return to work. -For recertification, will need a stress test every two years. **Any positive or inconclusive stress test requires additional testing and follow-up with a cardiologist.

Medical Condition	Required Tests
<i>History of Cardiac Stents (PCI)</i>	<p>-Cannot be cleared until one week after procedure, and will need clearance by cardiologist and tolerance to medication. Requires stress test 3-6 months after procedure.</p> <p>-For recertification, will require a stress every two years after procedure.</p> <p>**Any positive or inconclusive stress test requires additional testing and follow-up with a cardiologist.</p>

Should you have any additional questions regarding required documentation or testing, you may refer to FMCSA's website www.fmcsa.dot.gov or call Mid State Occupational Health Services Inc.

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 Lewisburg Office: 570.523.7774