

## DOT Exam Readiness Questionnaire

Have you had an MI (heart attack) in the past?

- Bring most recent ECHO (should be within 1 year if MI occurred prior to this point or be completed between 6-8 weeks after most recent heart attack)
- List of current meds
- Documentation from cardiologist that you are safe to operate a commercial motor vehicle
- Cannot be cleared for DOT if MI occurred within past 2 months

Have you had a stent placement since your last DOT exam?

- Bring most recent ECHO (should be within 1 year if MI occurred prior to this point or be completed between 6-8 weeks after most recent heart attack)
- Exercise Tolerance Test (ETT) within 3 – 6 months of stent placement
- List of current medications
- Documentation from cardiologist that you are safe to operate a commercial motor vehicle

Have you been diagnosed with Sleep Apnea?

- Provide a copy of your CPAP report
  - It must represent the past 90 days of sleep
    - At least 70% usage at  $\geq$  4 hours/night

Have you been diagnosed with Diabetes?

- Provide a copy of your most recent A1c
  - It must be within the 3 months prior to the appointment

Any changes in Hypertension, Diabetes, psychiatric, or other medications?

- Provide documentation from your provider that you are stable on your new medication.

Any hospitalizations or surgeries?

- Provide your discharge paperwork
- Provide a note from the treating provider that you are cleared to resume all work without restrictions.

Meeting the needs of the above does not automatically result in receiving clearance for the exam. There may still be necessary information to fully understand the nature of your circumstance.

Remember, we are all working together to create the safest conditions possible on the road!