

**We appreciate the opportunity to partner with you to provide your medical fitness evaluation.**

As a CMV (Commercial Motor Vehicle) driver, you are aware that you are driving a vehicle capable of causing serious harm. It takes skill, knowledge, and a level of physical and mental fitness beyond what is required for your personal passenger vehicle.

Please take the time to review the information provided so that we can work together to keep you driving while protecting the safety of our roads.

## Oakwood



### **Alfred Martin, MD, MBA**

**Medical Degree:**

Medical College of Georgia

**Post Graduate Training:**

Harvard Business School,

Master's in Business Administration

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**Board Certified:**

Occupational Medicine

## West Jackson



### **Robin Armenia, DO, MPH**

**Medical Degree:**

Oklahoma State University

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Medicine Residency

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# “The DOT Exam”

## CMV Driver Medical Fitness Examination

### **NGPG Occupational Medicine Oakwood**

**3931 Mundy Mill Rd | Suite B**

**Oakwood, GA 30566**

**770-219-8275**

### **NGPG Occupational Medicine West Jackson**

**26 W. Jackson Commons Drive**

**Hoschton, GA 30548**

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*Physical address for GPS directions:*

**6194 Hwy 124 W, Hoschton, GA**

**[nghs.com/occupational-medicine](https://nghs.com/occupational-medicine)**



Northeast Georgia Health System

OCCUPATIONAL MEDICINE

## FMCSA Changes Effecting CMV Drivers and Carriers

### No updates to “short cards”

Your medical examiner no longer has the discretion to extend or update a “short” medical card. Once a medical card expires, a new exam must be completed.

### Determination Pending

This new category allows your examiner up to 45 days to review medical information and make a determination.

During the 45 days, if you have a current medical card, you may continue to drive until your card expires. If you do not have a current medical card, you cannot drive.

If your examiner finds you qualified before 45 days, your exam form will be updated and a new medical card given. If your medical examiner does not receive the medical information needed to make a determination within 45 days, your exam automatically becomes invalid.

### Incomplete Examination

Once you begin the exam process by providing the medical history portion of the exam form (MCSA-5875) to our staff, the medical examiner must report the results of the examination to the FMCSA. If you decide to discontinue the exam, your examiner will report an “Incomplete examination.”

### How can I best prepare for my DOT exam?

- See your doctor to make sure all medical conditions are treated and well controlled.
- Complete all follow-ups or referrals recommended by your doctor, and make sure you’ve had an eye exam in the last year.
- Schedule your DOT exam at least one month prior to the expiration date on your current card.
- Review the medical requirements on the FMCSA website and contact our office for any questions.  
<https://www.fmcsa.dot.gov/medical/driver-medical-requirements/driver-medical-fitness-duty>
- Bring the required medical clearances or test results from

your treating doctor. Some common examples include: stress test and clearance from a cardiologist, hemoglobin A1C, sleep studies, and INR results if taking Coumadin.

- Bring glasses/contacts, or hearing aids to you exam.
- If you have been diagnosed with sleep apnea, bring your CPAP compliance report for at least the last 30 days.
- If applicable to you, do not schedule your exam until any required waiting periods have passed. (Many medical conditions or procedures have required waiting periods before a driver can be medically cleared to drive a CMV. Some examples include: heart attack; heart, vascular, brain, and transplant surgery; concussions, blood clots, vertigo, stroke, loss of consciousness, and some psychiatric events. Please consult the FMCSA website or ask your medical examiner for specific waiting periods.)

### Why did I not get a 2 year medical card?

You can be medically qualified for up to 2 years. However, many drivers have medical conditions that should be monitored more frequently. Those drivers will be given cards for 1 year or less.

### What does “disqualified” or “does not meet standards” mean?

This means that the examiner has determined that you are not medically qualified to drive a CMV on the day of your exam. Many medical conditions are acceptable, but may lead to being disqualified because they are poorly controlled. Common examples are Diabetes, Hypertension (high blood pressure), and Sleep Apnea. Some conditions and use of certain medications are disqualifying regardless of the circumstances.

### The medical conditions and medications listed below, will cause a driver to “not meet the standards”:

- Stage 5 kidney failure/Dialysis
- Meniere’s disease/Vertigo uncontrolled/Labyrinth fistula
- Taken medication for seizures or epilepsy within 10 years
- Taking Methadone/Suboxone/medical marijuana
- Use of telescopic lenses
- Needing to use oxygen
- Progressive dementia/Parkinson’s disease

- Progressive muscle/neurologic disorders
- Chronic Schizophrenia/active psychosis
- Malignant brain tumors
- Older than 75 years and taking Coumadin
- Chronic Cor Pulmonale
- Active alcoholism
- Had a stroke and taking seizure or anticoagulant medication
- Neurocardiogenic syncope
- Idiopathic Hypertrophic Cardiomyopathy (IHSS)
- Narcolepsy
- Taking medications that cause impairment (drowsiness)
- Implantable defibrillator

### What about my blood pressure?

Uncontrolled blood pressure is one of the most common reasons why drivers are disqualified. You should regularly check your blood pressure to make sure it runs less than 140/90. You should also make sure that your doctor is aware that for the purposes of a CMV driver, your blood pressure should be under 140/90.

### What about my Diabetes?

You should bring a letter from your doctor stating: 1) your diabetes is adequately controlled, 2) list of medications, 3) you can safely operate a commercial motor vehicle (truck or bus), 4) your most recent hemoglobin A1C level, 5) no episodes of hypoglycemia, and 6) no end organ damage.

### What about Insulin/Vision Exemptions and Skilled Performance Evaluations (SPE)?

Completing the DOT exam process is the first step in applying for a 1) SPE if you have a limb impairment, or 2) an exemption, if you take insulin or don’t meet the vision standard. You will be given a copy of your exam to provide the FMCSA as part of your application for an exemption or SPE.

### If I don’t get a medical card, can I get my money back?

The purpose of the medical evaluation is to determine if the driver is medically qualified to operate a CMV. Once you provide the medical history form to our staff, we cannot refund the fee for your evaluation and we are obligated to report incomplete exams and disqualified drivers to the FMCSA