



Joplin • Urgent • Care

Immediate attention. Affordable costs. Convenient hours.

Drivers-in an effort to expedite your DOT exam and prevent delays in receiving your DOT card please see below.

1) Bring a complete list of ALL of your current medications

*any medications which your physician is requiring frequent lab monitoring you will need to bring a copy of your most recent levels i.e. Coumadin, Lithium, etc.

2) If you have high blood pressure—BP must be less than 140/90 (while in office) on day of exam or you may not qualify

3) If you wear glasses/contacts or hearing aids please bring them to your exam. You will be required to pass a vision/hearing test.

4) If you have DIABETES—your blood sugar should be controlled and you will need the most recent results of your HgbA1C (<10%), your blood sugar logs or other records related to your diabetes

5) If you have nighttime sleep disturbance issues and you use a CPAP:

*bring readings from your machine documenting proper use of the machine (at least 90 days)

*a letter from your sleep specialist may also be required—medical examiner's discretion

6) If you have had heart attack, heart surgery, coronary artery stents, heart disease, chest pain, or any heart related issues, a cardiology consult will be required BEFORE your CMV exam

*bring a letter from your cardiologist which includes a medical history and current medications as well as it *should indicate you are safe to drive a DOT motor vehicle*

*you may also need to have the results of your most recent ECHO cardiogram, other tests i.e. Exercise Tolerance Test (within 2 years), most recent cardiac stress test results (within 2 years).

*Pacemaker—bring documentation of your most recent ANNUAL pacemaker check (within 12 months)

*Call the clinic (417-782-4300) for assistance if you are unsure what is needed.

7) If you have had a stroke (CVA), brain tumor, seizure disorder or bleeding in the brain, dizziness or passing out spells (syncope). (Cortical or subcortical stroke deficits do not meet DOT standards).

*bring a letter from the neurologist, BEFORE your CMV exam, that includes a medical history and current medications as well as your current neurologic and psychiatric state of being.

8) If you take medications that cause sleepiness, anxiety medications, ADHD medications

*bring information from your treating physician specifically noting you are considered safe to drive a DOT vehicle while taking these medications.

9) If you are taking Coumadin (Warfarin) or Lithium

*bring recent INR levels (at least monthly) for Coumadin and letter from your physician indicating current health status and safety to drive.

*bring recent therapeutic values for Lithium and a letter from your physician indicating current health status and safety to drive.

10) If you are taking antidepressants/antipsychotics medications

*bring a letter from your psychologist/psychiatrist indicating medications have been shown to be adequate/effective/safe and you are stable

11) The DOT recommends all drivers who are SMOKERS over the age of 35 years, history of lung disease or symptoms of shortness of breath, cough, chest tightness, or wheezing have a Spirometry performed. WE ARE ABLE TO COMPLETE THAT TEST FOR YOU AT THE TIME OF EXAM, as long as we are notified in advance.

DISQUALIFIERS

*Schedule I controlled substances to include Marijuana (even if state law allows for medicinal use)

*Amphetamines

*Narcotics

*Any habit forming drug for which exception guidelines do not apply

*Methadone (regardless of reason for use)

*Oxygen therapy

*Suicidal

*Current Chantix use

*Untreated sleep apnea

*Monocular vision

*Narcolepsy

*ICD/Pacemaker Combo

*ICD (defibrillator)

*Sedating anxiolytics-ex. Benzodiazepines; Use of Insulin

If you are uncertain if you would qualify for a Department of Transportation (DOT) card, you should schedule a visit with your primary care physician or specialist PRIOR to presenting for your exam. Please bring a copy of your test results/letters from physicians with you to prevent delays or disqualification. (Note: Per DOT Reg's the MEC maintains discretionary authority in determining whether they feel you are medically qualified to obtain certification).

NOTE: The above are only meant as guidelines and are subject to change as DOT Regulations/Recommendations change.

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