

## CDL/DOT EXAM PREPERATION

### BRING ALL OF YOUR MEDICATIONS BOTTLES WITH YOU TO YOUR APPOINTMENT

If you have:

- **HIGH BLOOD PRESSURE:**
  - Bring a list of all of your medications and doses

Note: – your blood pressure needs to be <140/90 to meet the guideline

- **CORONARY ARTERY DISEASE:** (heart attack, stent placement, or bypass surgery)

- Bring a list of all of your medications and doses
- If you have had a heart attack (also known as MI or myocardial infarction):

Echocardiogram (ultrasound of the heart) report, bring this report to your appointment.

Stress test is required every 2 years, bring this report with you.

Note: Cardiology clearance letter is recommended

- **CARDIAC STENT PLACEMENT:**
  - A stress test is required every 2 years; bring this report with you.
- **CARDIAC BYPASS SURGERY:**
  - Echocardiogram (ultrasound of the heart) is required following surgery prior to being recertified to drive. Bring this report with you
  - Starting at 5 years after your bypass you will need a stress test every year. Bring this report with you.

NOTE: Cardiology clearance letter is recommended

- **OBSTRUCTIVE SLEEP APEA (OSA):**
  - Bring documented compliance report from your positive airway pressure machine.
- **DIABETES MELLITUS:**
  - Bring a list of all medications and doses
  - Bring your glucometer with you
  - Bring recent (3-6 months) Hemoglobin A1C test results
- **SMOKE or HAVE LUNG DISEASE** such as **COPD OR EMPHYSEMA:**
  - If you are a smoker over 35 years old you will need spirometry testing completed within the last 12-24 months. Bring Spirometry report with you.