



2423 US Highway 2 E
Kalispell, Montana 59901

DOT PHYSICAL INSTRUCTIONS

Please do not to drink alcohol the night before, smoke cigarettes prior to the exam, or drink caffeinated beverages prior to the exam as these can cause high blood pressure readings.

What to bring to appointment:

1. Valid government issued driver's license or identification
2. A complete list of all medications and supplement you take, with dosages and frequency.
3. If You take Coumadin (Warfarin) or other blood thinners:
 - *Bring results from an INR lab test (prothrombin time) performed within 30 days prior to appointment.
4. If you use a CPAP machine:
 - *You must bring a report showing the last 90 days of usage. You can get the report from your CPAP provider, or take chip to Kalispell Medical Equipment or Norco and they can print report for you.
5. If you have had a heart attack or have stents placed:
 - *You must bring a release letter from your cardiologist stating they understand the functions and demands of commercial driving, and they are clearing you for a commercial driver's license.
 - *You must bring most recent echocardiogram report that states what the heart's Ejection Fraction is (this number will be a percentage). If not available, your cardiologist can include that number in his release letter if he includes the Ejection Fraction and the date that number was determined.
6. If you have had a stroke or have a traumatic brain injury:
 - *You must bring the last year's medical records from the doctor treating these issues.
7. If you are Insulin dependent Diabetic:
 - *You must bring a copy of most recent A1C lab results.
 - *Bring a copy of FMCSA Form MCSA-5870 "Insulin Treated Diabetes Mellitus Assesment Form" completed by your insulin medical provider no more than 45 days prior to your physical. The form is available on the DOT web site: <https://www.fmcsa.dot.gov/regulations/medical>, on our web page vmsdrugtesting.com, or stop by our office to pick one up.
 - *Form MCSA-5870 requires you visit with an Ophthalmologist within 6 months prior to appointment, and those exam results need to be forwarded to your insulin medical provider so they can answer the "Progressive Eye Disease" question on the form.