



DOT Physical Check List for GCH Clinics

Due to requirements from the Iowa DOT, there are certain medical areas that must be addressed during your DOT physical appointment. Please complete the questions below to determine if any additional information is needed PRIOR to your visit. **If you mark yes to any of the following items, please bring the required information to your appointment. Without the information your physical cannot be completed and you'll be asked to reschedule to a later date when you can bring the needed documentation.** If you have any questions or need any assistance feel free to give us a call.

Please circle one:

Y or N - Are you taking any **medications**? If so, you will need to bring all medications in original bottles. If you are taking medications that require level monitoring like **Coumadin or Warfarin**, bring a copy of your most recent lab test results.

Y or N - Do you require any type of **correction to your vision**? If yes, whether or not you routinely wear contacts, you must bring a pair of glasses with you to the exam.

Y or N - Do you wear **hearing aids**? If yes, please bring the hearing aids with extra batteries to your appointment.

Y or N - Have you ever had a **Heart attack, MI, Stents, Angioplasty (ballooning), or Heart Bypass Surgery**? If yes, you will need a cardiology clearance exam (with EKG, echo cardiogram, and exercise stress test) **BEFORE** your CDL exam. If you need help setting this up please let us know. Please bring all test results and notes from this appointment to your physical.

Y or N - Have you ever had a **Stroke, Seizure, Traumatic Brain Injury, or TIA**? If yes, you will need a Neurology consult **BEFORE** your CDL exam. Please bring notes from this appointment to your physical.

Y or N - Do you have **Diabetes**? If yes, you will need to bring your most current A1C lab, last month blood sugar log, and any medications you are taking.

Y or N - Do you have **Sleep Apnea or a Sleep Disorder**? If so, we will need the usage statistics for the last month from your CPAP machine. The company that manages your CPAP machine can do this for you.

Y or N - If you have a **Pacemaker**, you will need to bring documentation of your annual pacemaker check.

Y or N - Have you ever had an **Aneurysm**? If yes, you will need clearance from your vascular surgeon **BEFORE** your CDL Exam. Please bring the notes from this appointment to your physical.

During your appointment, you will also need to provide an urine sample and a copy of your driver's license.

At the time of the appointment, we will expect payment in full for the DOT physical (unless your company / employer is paying for this visit). Your private insurance will NOT be billed as this exam is not reimbursable through them.

Thank you for choosing GCH Clinics for your healthcare needs.