

Nebraska Occupational Health Center's Promise to You

- Prompt, professional service
- Same day appointments accepted
- Walk-ins will be accommodated



Our Certified DOT Medical Examiners will perform a physical exam that meets DOT and Federal Motor Carriers Safety Administration (FMCSA) requirements for a commercial drivers license (CDL).

Your medical examiner will

- Review your medical history
- Perform a thorough physical exam
- Perform a urine test
- Complete the Medical Examination Report for Commercial Driver Fitness Determination form and supporting documentation.

We understand the importance of you passing your DOT physical exam and want you to come prepared.

Passing Your DOT

Requires That You:

- Bring a valid drivers license with you to the exam
- Bring a list of your current medications! Some medications may require approval from the prescribing doctor
- Have vision in each eye individually, that is 20/40. Glasses or contacts may be worn
- Are able to pass a hearing test
- Have well controlled blood pressure (<140/90), with or without medication
- Have no history of epilepsy
- Insulin dependent diabetics and amputees will require special driving waivers obtained through the DMV
- Be able to pass Sleep Apnea Screening:
 1. Reports snoring or daytime sleepiness
 2. BMI > 35
 3. Neck circumference >17" for men >16" for women
 4. High blood pressure: new, uncontrolled or on 2 medications

If you have a medical condition you will need to bring some paperwork:

- Bring the doctor's name that is treating your medical condition
- If you are on blood thinners -bring proof of your last 3 months INR's
- If you are a non-insulin dependent diabetic -bring a HgbA1C of < 8% done within the last 3 months
- If you have had a heart attack, any heart disease or surgery -bring an Exercise Tolerance Test done within the last year -bring a note of clearance from your cardiologist
- If you have Sleep Apnea -bring a print out from your CPAP machine showing 4 hours of use 70% of the evenings for the last 4 weeks or a recent Maintenance Wakefulness Test