

Department of Transportation (DOT) commercial vehicle instructions

The U.S. Department of Transportation requires truck, van, bus or other commercial vehicle drivers to have a physical exam every two years to remain compliant. Some drivers are required to be examined more frequently to adhere to individual policies.

To better prepare for their DOT Physical drivers should arrive a half hour before their exam time. A nurse will document their height, weight, blood pressure, and vision and hearing evaluation. A urine specimen will be collected. In some cases, a urine drug screen is required by your employer. If that is scheduled on a different day than your physical exam, you will be required to give a second sample on the day of your physical.

The medical examiner will do a thorough review of history, medications and a physical examination to determine your fitness for duty to operate a motor vehicle and perform duties of the job.

Driver Responsibility

- Please bring all your medication if you are being treated for a chronic disease such as high blood pressure, diabetes, or heart disease. If you are not an established patient at the New Ulm Medical Center and have any of the above diagnosis, or have sleep apnea, you will need to bring a note from your regular family doctor stating that your condition is stable, that you are being evaluated on a regular basis, and that you are considered medically capable of driving a commercial vehicle.
- If you use a CPAP machine for sleep apnea, you will need to bring the print out for that as well.

Things to Remember:

- If you wear eyeglasses, bring them with you.
- Wear comfortable clothes.
- Note from your doctor if you are on medication for a chronic disease.
- Bring your medication bottles with you to the exam.
- Bring your driver's license and if a recertification, your medical card.

New Ulm Medical Center (NUMC) offers occupational services intended to meet the needs of employers and their employees. Please contact Chris Lawrenz at 507-217-5454 to discuss the services NUMC provides. Our providers are certified by the National Registry of Certified Medical Examiners to perform DOT Medical Exams. A certified examiner is also available to serve drivers at the Winthrop Area Clinic.