



Your Name: \_\_\_\_\_

## FEDERAL DOT CDL MEDICAL EXAMINATION REQUIREMENTS

The Department of Transportation CDL medical exam has specific requirements that must be met. In order to make your application process for a CDL go smoothly you must provide the following when you come for your exam. Please read this carefully and check off each item as you have it completed.

- If you require correction to your **vision**, you must bring a pair of glasses with you to the exam.
- If you wear **hearing aids**, you must bring the hearing aids and an extra power source with you.
- If you have had a **heart attack, coronary artery stents, heart disease, chest pain or any heart surgery**, a cardiology consult may be required BEFORE your CDL exam. At your CDL exam, you will need to bring a copy of your most recent cardiac stress test results (must be within 2 years), echocardiogram results (if applicable), and may be required to bring a clearance letter from your cardiologist. Please call the clinic for assistance with this consult.
- Risk Assessment Tool for estimating your 10-year risk of having a heart attack**
  - Bring your lipid panel (total cholesterol, triglycerides, HDL/LDL levels), current within the last (5) years, to your appointment.
  - If you have not had a lipid panel within the last (5) years, and would like to have one done, we can offer that to you for a reduced fee. **Please come fasting** - Nothing to eat or drink after midnight - let us know you would like that completed upon arrival, and we will get that done for you while you are here.
- If you have had a **stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope)** you may require a neurology consult BEFORE your CDL exam. Please call the clinic for assistance with this consult.
- If you have **diabetes**, you may be required to bring a letter from your treating provider (primary care provider or endocrinologist) that documents a HgbA1C (<10%) within the past 6 months and a 1-month log of fasting blood sugars. Please call your clinic for assistance.
- If you are being treated for **adult depression, any psychiatric disorder, or Attention Deficit / Hyperactivity Disorder (ADHD)**, you may be required to provide documentation from your primary care provider or mental health provider about your diagnosis, treatment plan including medicine for clearance to drive a commercial vehicle.
- If you have **sleep apnea or a sleep disorder**, you may require a consult with a sleep specialist BEFORE your CDL exam. Please call the clinic for assistance with this consult. You **must** bring your CPAP readings with you to the exam.
- If you take **blood thinners**, such as Warfarin (Coumadin), you may be required to provide documentation of monthly INR results. You may need a therapeutic INR within a month of your certification.



- If you have a **pacemaker**, you may be required bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).
- If you are a **smoker > 35 years of age, have asthma, COPD or other respiratory illness** you may need to have a pulmonary function test.
- If you are on **any prescription or over-the-counter medications**, please bring your actual medication bottles with you.
- If you are taking **blood pressure medication** your blood pressure **must be** 140/90 or less, or your certification may be delayed.
- If you have an **abdominal, thoracic or other aneurysm (dilated blood vessels) or have had surgery for an aneurysm** you may need a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- The Montana Drug Registry will be reviewed for narcotics.
- Be sure to bring to your appointment:
  - your **driver's license**
  - a copy of your **current physical exam report**
  - your **current medical card**
- If you see a health care provider for any chronic health issues, you may be requested to bring a copy of the last visit with you to your appointment, *if possible*. It should include diagnosis, date of onset of the condition, medications (dose, frequency), current limitations and contact information for that provider.

## TO SCHEDULE YOUR CDL PHYSICAL APPOINTMENT

We want to make the CDL Physical Exam process as efficient as possible for you. To schedule your appointment, please call our Occupational Health Services department at 406-538-4110. Your appointment will be scheduled at the following location:

**CMMC Occupational Health Services**  
**310 Wendell Ave, Suite 2**  
**Lewistown, Montana 59457**  
**406-538-4110**

Please arrive for your physical exam 15 minutes prior to your appointment and bring all required documentation. **The CDL Physical does not replace your annual physical.** You may be required to follow up with your primary provider before CDL certification. Payment is due at time of service. There may be supplemental charges for additional testing services provided. Prices are subject to change.

## OTHER RESOURCES:

You may check the websites listed below for clarification on any of the above requirements.

- Montana Department of Transportation: <http://www.mdt.mt.gov/business/mcs/>
- Federal Motor Carrier Safety Administration: <http://www.fmcsa.dot.gov/>
- National Registry of Certified Medical Examiners: <https://nrcme.fmcsa.dot.gov/>
- Medical Handbook: <http://www.fmcsa.dot.gov/regulations/medical/fmcsa-medical-examiner-handbook>