



FEDERAL DOT CMV MEDICAL EXAMINATION REQUIREMENTS CHECK LIST

The Department of Transportation CMV medical exam has specific requirements that must be met. In order to make your application process for a CMV 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, arrhythmias, pacemakers, chest pain or any heart surgery, a cardiology consult will be required BEFORE your CMV exam. At your CMV 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 a clearance letter from your cardiologist. Please call the clinic for assistance with this consult.
- If you have had a stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope) you will require an neurology consult BEFORE your CMV exam.
- If you have diabetes, you are 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 on any controlled substances, pain medications, anxiety medications, ADHD medications and being treated for adult depression, any psychiatric disorder, or Attention Deficit/Hyperactivity Disorder (ADHD), you are 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 will require a consult with a sleep specialist BEFORE your CMV exam. You will be required to have a print out of C-pap use and a copy of most recent sleep study.
- If you take blood thinners, such as Warfarin (Coumadin), you must provide documentation of monthly INR results. You must have a therapeutic INR within a month of your certification.
- If you have a pace maker, you must bring documentation of your most recent annual pacemaker check (this must be within the past 12 months).
- If you have a permanent musculoskeletal defect or injury, you are required to provide documentation from your primary care provider about your diagnosis, treatment plan including medicine for clearance to drive a commercial vehicle.
- If you are a smoker >35 years old, have asthma, COPD or other respiratory illness you will need to have a pulmonary function test. Please bring the documentation with you to your appointment.
- If you are on any prescription or over-the-counter medication, please bring your actual medication bottles with you.
- If you are taking blood pressure medication make sure your blood pressure is less than 140/90 or your certification may be delayed. Need letter from treating provider documenting the history and diagnosis, treatment plan and clearance to operate vehicle.
- If you have an abdominal, thoracic or other aneurysm (dilated blood vessels) or have had surgery for an aneurysm you will need a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- If you see a health care provider for any chronic health issues, please bring a copy of the last visit with you to your appointment. It should include diagnosis, date of onset of the condition, medications (dose, frequency), current limitations and contact information for that provider.