The Federal Motor Carrier Safety Administration passed federal regulation effective in May 2014 that will now require doctors who perform commercial driver (DOT) medical examinations to complete a rigorous study course and pass a proctored exam in order to be certified as DOT medical examiners. This is in accordance with the FMCSA's intent to follow the letter of the Medical Examiner Handbook and ensure complete documentation with the overarching intent to improve safety.

Because of these new regulations, doctors will now have much more specific guidelines to consider when making decisions regarding driver medical certification. The examining physician may need more medical information now than before to issue medical certification. This could include more than just a personal health history in order to determine if the driver can safely operate a commercial motor vehicle.

In some circumstances, the doctor performing the DOT exam may ask the driver to provide documentation from a treating physician regarding any previously unknown or chronic health conditions that may exist. A driver with ANY MEDICAL PROBLEM OR SIGNIFICANT MEDICAL HISTORY will need to bring with them all their medications, or the precise names and dosages of their medications, the names of the prescribing doctors, and in some cases, more complete medical records. This will help speed up the process at the time of the exam.
Note that the following medical conditions are **disqualifying** for DOT driver certification. This means that they are *not* discretionary and are *not* left to the clinical judgment of the examiner. Driver certification cannot be granted in cases of:

1. Epilepsy (current diagnosis, within past ten years) or seizures. If the driver's seizures are controlled on medication, a complete medical record of neurologic care, as well as, monitoring and a list of medications must be brought to the DOT exam.
2. Significant hearing loss
3. Vision loss that is not correctable
4. Insulin dependent diabetes mellitus (without waiver)
5. Implantable defibrillators

**Also, untreated sleep apnea can be considered a disqualifying condition.**

The following conditions are among those that are **likely disqualifying**, or result in a time restriction on the CDL, depending on current treatment, control, and/or health status:

1. High blood pressure
2. Benign nervous system tumors
3. Stable angina or recent heart attack
4. Mood disorder
5. Pacemaker
6. Use of blood thinners
7. Previous stroke
8. Multiple sclerosis

The examining doctor is required to follow federally-mandated medical guidelines when performing DOT exams. It is crucial for a driver to bring a list of all medications (including dosages and prescribing physician’s names), as well as, all medical history reports pertaining to any of the above conditions in order to expedite the process at the time of the exam.

Further details about these federal regulations can be found at the DOT FAQ link below: [http://www.fmcsa.dot.gov/rules-regulations/topics/medical/faqs.aspx#question1](http://www.fmcsa.dot.gov/rules-regulations/topics/medical/faqs.aspx#question1)

NRCME and the DOT’s Medical Examination Report can be found at: [http://www.ushealthworks.com/Services/Occupational-Medicine/Pre-Employment-Physicals.html](http://www.ushealthworks.com/Services/Occupational-Medicine/Pre-Employment-Physicals.html)