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HOW TO PASS A DOT PHYSICAL

OMA Qualifications

All three OMA physicians are medical doctors who are Certified Medical Examiners on the National Registry for the U.S. Department of Transportation (DOT) and Federal Motor Carrier Safety Administration (FMCSA). Drs. Lantsberger, Rempel and Van Gerpen have been doing DOT physicals for over 20 years and have a thorough understanding of the rules, regulations and complexities of this process.

At OMA, DOT physical walk-in appointments are welcomed, as well as pre-scheduled appointments. Our hours are 7:30 a.m. to 4:45 p.m., Monday through Friday. For walk-in appointments, the latest you can come in is 3:30 p.m. Please call our office at (509) 455-5555 (option 0) to schedule your appointment.

Pointers to keep in mind

- ✓ It's best to not wait until your current card is ready to expire, especially if you require a Washington State waiver.
- ✓ Be truthful on your medical history on the patient section of the Medical Examination Report. You have to certify on the first page that your responses are complete and true. If you make inaccurate statements or falsify information, that action may invalidate the examination and medical examiner's certificate.

How to prepare for your DOT physical

- ✓ Complete your health history on the Medical Examination Report Form (MCSA-5875 – see link above), the driver must **complete Section 1. Driver Information**. Complete instructions are on page 6 of the form. You can fill out the form electronically, but you will need to print it as it does not allow you to save it online.
- ✓ Be sure to take your regular prescribed medications before and the day of the physical exam
- ✓ Avoid using the bathroom prior to your physical as a small amount of urine is required for a kidney screen. Please note that this is **NOT** a drug screen.
- ✓ If you are being treated by a doctor for an injury, have had surgery since your last exam, or recent severe illness, please bring a note from your treating physician/specialist stating your condition does not pose a safety risk in driving a commercial vehicle (**PLEASE NOTE:** the decision regarding your qualification or disqualification for a renewed DOT card is up to the Medical Examiner, not your personal physician).

- ✓ If you have blood pressure concerns or are on blood pressure medication:
-Coffee, tea, energy drinks, salty foods such as potato chips or certain over-the-counter medications such as cold or cough medicine or herbal remedies may cause a spike in your blood pressure – avoid these before your physical. If you smoke, reduce the amount of nicotine you use.
- ✓ If you have diabetes:
Please bring a laboratory report from your doctor indicating a hemoglobin A1C test result within the past six months.
- ✓ If you have had a heart attack or have cardiovascular disease
Please bring a copy of your last stress test results and the records from your cardiologist for the last year
- If you have been diagnosed with sleep apnea and are using a C-Pap machine
- ✓ Please bring a report of your latest CPAP machine use.

PLEASE NOTE: The Medical Examiner has an obligation to determine if your health meets the FMCSA standards. The Medical Examiner will decide whether additional information should be obtained from your treating physician/health care provider. The DOT certificate will not be issued until this requirement is met.

What you need to bring with you

- ✓ Your driver's license
- ✓ If you have a hearing aid, please bring with you
- ✓ Eyeglasses or contact lenses
- ✓ A list of the current medications (including over-the-counter) with you, including strength and dosage
- ✓ Please bring the names, phone and fax numbers of your doctors or health care providers
- ✓ It is helpful if you know whether or not your employer will pay for your DOT physical. If you are paying, OMA accepts checks, cash and credit cards (VISA, MasterCard, Discover and American Express)
- ✓ Some employers may require additional testing such as drug or alcohol testing, hearing test, etc.
- ✓ Know the difference between INTERSTATE (driving between states), which includes transporting commerce between states (i.e., you are transporting coconuts that came from Florida but you are only driving between Spokane and Seattle – that is considered INTERSTATE) and INTRASTATE (driving within a state only and only local commerce).

What happens during the medical exam

As required by the DOT/FMCSA, a complete medical examination will be conducted.

- ✓ The Certified Medical Assistant will review your completed form, take your vitals (blood pressure, weight, height) and collect urine for the dip stick test.
- ✓ You will be asked to put on a gown over your underwear in the exam room. The physicians check your eyes, ears, plus a whisper test, nose, throat, lungs, heart, abdomen, reflexes and feet. A hernia check is also required.
- ✓ The physician will go over your health history with you
- ✓ A very small urine sample is required to check your kidney function (dip stick strip), urine blood and urine sugar levels.