



YOUR CDL PHYSICAL

The CDL Physical can be stress provoking for many individuals. Obtaining safe medical clearance to operate a commercial motor vehicle is the goal of the driver, the employer, and the medical team. Bringing the required documentation to your medical exam can make this appointment smooth and efficient. While every patient is assessed individually and the specific documents required can vary, below are some general guidelines about what may be required for certain conditions.

COMPLETING THE INTAKE INFORMATION

- **E - screen** – If your company uses E-screen, please complete your history online before your exam.
- **Medications** – Name, dose including strength [mg], number of pills taken, and how frequently taken. and for what condition (e.g., Lisinopril 20mg 1 tab two times daily for high blood pressure). *Some medications may require clearance from prescribing provider.*
- **Medical Diagnoses** – Name of diagnosis, name of diagnosing provider, date originally diagnosed, name of current treating provider (e.g., hypertension, diagnosed by Dr. John Doe in 2010, currently managed by Dr. Brown).
- **Medical and Surgical History** – Your surgical and medical history, even if you are not being treated for those conditions currently.
- **Vital Signs** – Your vital signs will be taken during your appointment. Some patients have anxiety about passing the blood pressure requirement. You should be aware that nicotine, energy drinks, and caffeine can increase your blood pressure. Consuming these before your appointment can increase blood pressure.

Please bring eye glasses and hearing aids to appointment!

DOCUMENT RECOMMENDATIONS FOR CERTAIN CONDITIONS

- **Sleep Apnea** – Bring printed record documenting your CPAP use. We are not able to pull this information from the machine itself. A sleep study is recommended if sleep apnea is suspected or BMI is greater 40 mg/kg²
- **COPD/Asthma or History of any Lung Disease** – Record of pulmonary function or spirometry test record showing FEV1 or FEV1/FVC ratio
- **Diabetes** – Recent A1C. May require record of eye exam.
- **Diabetes on Insulin** – Extensive records showing glucose monitoring, a completed Insulin Treated Diabetes Assessment form completed by treating provider, and an eye exam.
- **Mood Disorder** – depends on nature of disorder, some may need letter from treating provider.
- **Vision** – Monocular vision needs completed exemption form completed by treating ophthalmologist.
- **Kidney Disease** – recent records showing trend of kidney function, bring recent blood test results (GFR and serum Crt, BUN) obtained during previous 30 days.
- **Neurologic Conditions** (seizures, head injury, tumors, bleed) – May need records and clearance from neurologist.
- **Myocardial Infarction** (Heart Attack) – Echocardiogram and exercise tolerance test (ETT) every 2 years. You may need a cardiology clearance letter.
- **Angina** (intermittent chest pain) – Cardiac stress test documentation. May need cardiology clearance letter.
- **Irregular Heart Rhythms** – last office note from cardiologist. May need cardiac clearance letter.
- **Thoracic or Abdominal Aneurysm** – imaging (usually ultrasound) record showing measurement of aneurysm and stability, may need clearance letter from treating provider.
- **Heart Valve Abnormalities** – Echocardiogram. May need cardiology clearance letter. May need exercise tolerance test (ETT).
- **Pacemaker** – documentation from cardiologist showing diagnosis for pacemaker, cardiac clearance to drive, and routine checks of functioning pacemaker. Cannot be ICD/pacemaker. ICD's (internal defibrillators) are disqualifying.
- **Heart Stents** – Exercise tolerance test (ETT) every 2 years. Cardiology clearance letter.
- **Coronary Artery Bypass Graft** (CABG) – Echocardiogram record. Cardiology clearance letter. Exercise tolerance test (ETT) annually after 5 years.
- **Return to Work Status:** You will need medical release to return to work from treating provider with supporting documentation of medical condition/injury.

**This is a general guide and is not meant to be comprehensive. The information below is not intended to give detailed direction about what a specific patient may need, as requirements may vary given a driver's overall health condition, risks, and symptoms.*