

## DOT PHYSICAL EXAM – DOs and DON'Ts?

### Don't

- Consume Caffeine (cut out coffee, soft drinks, energy drinks, etc. 24-48 hours before the exam)
- Consume Excessive Sugar
- Eat a lot of salt (cut down salt intake 1 week before DOT exam)
- Overeat (Eating a lot of carbohydrates before DOT exam could lead to sugar in urine)
- Urinate right before you leave for the exam, since a urine sample is needed during the exam
- Consume tobacco for 24 hours leading up to your exam

### Do

- Drink plenty of water before your exam so you can provide urine sample
- Get to your appointment 10-15 mins ahead of time so you don't feel rushed, which could make you nervous and increase your heart rate and blood pressure
- Bring along the names of all your medications
- Bring clearances from your doctor or any specialist you see for your chronic health problems (Heart disease, Diabetes, Hypertension, COPD, Sleep Apnea, Cancer, Mental Health, etc.) (Also bring most recent Heart test results and lab work such as A1C)
- Get plenty of rest/sleep the night before your exam
- Bring prescription glasses/contacts/hearing aids to your exam if you need them for driving
- Bring CPAP compliance report for the last year
- Keep this in mind: If you are below 21 and drive intrastate, please make sure to bring along all clearances so that you are not disqualified since there is no option to pend your exam