**Encompass Workplace Testing, LLC**

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**Tips for preparing for your DOT medical certification exam**

**-Avoid** excess sugar, caffeine, and nicotine on the day of your exam. These things can impact your blood pressure.

-**Vision –** remember to bring/wear your glasses or contacts to your appointment if they are needed to meet the standards.

**-Hearing** – remember to bring/wear your hearing aids to the appointment.

-**Be Hydrated** – A urine sample to test for glucose, protein, and blood is collected at the time of the exam.

-**List of medications** – bring a list of all your medications. If you are taking a medication that may affect your alertness or ability to safely operate a commercial motor vehicle you should consult with your prescribing provider BEFORE your exam. A letter from your provider may be necessary to clarify how the medication affects your driving.

**If you have any of the following conditions, please bring or fax the required documentation**

**Sleep Apnea –** Please bring a copy of your compliance report. The report can be obtained from the company who supplies you with the CPAP machine/supplies. This should be a 90-day report showing over 70% usage with over 4 hours usage per night. We may also require a copy of your most recent sleep study or require you to have a sleep study.

**Diabetes** – Please bring a copy of your most recent HbA1C test result. The report must be within 6 months of your exam.

**Attention Deficit Disorder (ADD)** – A letter from your prescribing provider confirming your stable dosage of medication and no abuse or misuse of the medication has occurred.

**Depression/Anxiety** – A letter from your prescribing provider may be needed confirming your stable medication usage and your ability to safely take the medication while operating a commercial motor vehicle.

**Heart Disease** – A clearance letter from your cardiologist stating that it is safe for you to operate a commercial motor vehicle. A recent stress test report may also be needed.

**We are always available to answer any additional questions or concerns, please call our office at**

**315-788-8701.**