Date

Provider Name

Address

City State Zip

Re: \_\_\_\_\_\_\_\_\_\_\_, DOT Commercial Motor Vehicle Driver Medical Exam

Dear \_\_\_\_\_\_\_,

The above driver came to our clinic for a DOT medical certificate to drive a commercial motor vehicle. Before qualifying the driver, the DOT medical guidelines require that we obtain your assistance in determining if they have met the necessary medical criteria.

Although we must obtain and consider the opinions of treating physician, it is our responsibility to make the final driving status determination.

For drivers with a history of Obstructive Sleep Apnea, the following requirements must be met before being qualified operate a commercial motor vehicle:

Please check the appropriate space below and sign in the area provided.

\_\_\_\_\_ The driver ***is*** compliant with treatment and the treatment ***is*** effective according to the FMCSA recommendations listed below.

\_\_\_\_\_\_ The driver is ***not*** compliant with treatment and/or the treatment is ***not*** effective according to the follow FMCSA Sleep Apnea recommendations listed below.

Sleep Specialist Name (Print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2017 FMCSA Obstructive Sleep Apnea Clearance Recommendations**

1. A CME may certify a driver with an OSA diagnosis **if the driver is being treated effectively** (see Sections V through IX).
2. For certification purposes, “**effective treatment” or “treated effectively**” is defined as the resolution of moderate to severe OSA to mild OSA or better, as determined by a board-certified sleep specialist.

**The following recommendations apply to drivers of commercial vehicles:**

1. A driver may be **certified initially** for up to 1 year (per Section III.A) if the following conditions are met:
   1. The driver must document PAP use for a time period no less than 30 consecutive days (minimum records requirement – initial certification) (Note: The CME has the discretion to extend the certification for no more than 30 days.), and
   2. The driver’s PAP use records must demonstrate at least 4 hours per night use on 70 percent of nights (minimum compliance standard), and
   3. The driver does not report excessive sleepiness during the major wake period.
   4. While the driver is gathering PAP compliance data, he or she may continue to drive a CMV as long as he or she has a valid CME certificate and has not been disqualified.
2. A driver may be **re-certified** for up to 1 year (per Section III.A) if the following conditions are met:
3. The driver must document PAP use for a time period no less than the number of days between the expiration of the driver’s previous medical card and the time at which they receive their medical exam (minimum records requirement – re-certification), and
4. The driver’s PAP use records must demonstrate at least 4 hours per night use on 70 percent of nights (minimum compliance standard), and
5. The driver does not report excessive sleepiness during the major wake period.
6. **If a driver fails to meet compliance standards**, the CME may provide a 30-day certification to allow the driver to produce 30 days of consecutive PAP use data that meets the minimum compliance standard.
   1. After the driver demonstrates compliance with 30 days of PAP use data, the CME may issue a 60-day certification to allow the driver to produce 60 days of consecutive PAP use data that meets the minimum compliance standard.
   2. After the driver demonstrates compliance with 60 days of PAP use data, the CME may issue a 90-day certification to allow the driver to produce 90 days of consecutive PAP use data that meets the minimum compliance standard.
   3. After the driver demonstrates compliance with 90 days of PAP use data, the CME may issue a 1-year certification.
   4. If the driver cannot produce 30 days of consecutive PAP use data, the driver must be disqualified and cannot be re-certified until he or she is able to provide 30 days of compliant PAP use data.
7. **Treatment: Oral appliance**
   1. MRB-MCSAC Recommendation: A driver with a diagnosis of moderate to severe OSA should try PAP therapy before oral appliance therapy, unless a board-certified sleep specialist has determined that an alternative therapy such as PAP is intolerable for a driver, in which case the driver should have the option to pursue oral appliance therapy to treat OSA.
   2. A driver may be **certified or re-certified** for up to 1 year (per Section III.A) if the following conditions are met:
      1. A repeat sleep study shows resolution of moderate to severe OSA, and
      2. The driver has been cleared by the treating clinician, and
      3. The driver does not report excessive sleepiness during the major wake period.
8. **Treatment: Bariatric surgery**
   * + 1. Post-operative, first 6 months: A driver with an established diagnosis of moderate to severe OSA may be certified if he/she:
          1. Has been cleared by the treating clinician, and
          2. Is able to provide evidence of compliance with PAP or oral device OSA therapy (see Sections V and VI).
       2. Post-operative, after 6 months: After 6 months have passed since surgery, a driver may be certified, provided that:
          1. A repeat sleep study shows that the driver no longer has a moderate to severe OSA diagnosis, and
          2. The driver does not report excessive sleepiness during the major wake period.
       3. Annual recertification
9. If clinically indicated, repeat the sleep study.

**III. Treatment: Oropharyngeal surgery, Facial bone surgery**

* + - 1. Post-operative, less than 1 month: A driver with an established diagnosis of moderate to severe OSA may be certified if he/she:
         1. Has been cleared by the treating clinician, and
         2. Is able to provide evidence of compliance with PAP or oral device OSA therapy (see Sections V and VI).
      2. Post-operative, after 1 month: After 1 month has passed since surgery, a driver may be certified, provided that:
         1. A repeat sleep study shows that the driver no longer has a moderate to severe OSA diagnosis, and
         2. The driver does not report excessive sleepiness during the major wake period.
      3. Annual recertification
      4. If clinically indicated, repeat the sleep study.

**Treatment: Tracheostomy**

1. Post-operative, less than 1 month: A driver with an established diagnosis of moderate to severe OSA may be certified if he/she:
   * + - 1. Has been cleared by the treating clinician, and
         2. Is able to provide evidence of compliance with PAP or oral device OSA therapy (see Sections V and VI).
2. Post-operative, after 1 month: After 1 month has passed since surgery, a driver may be certified, provided that:



1. Annual Recertification
2. If clinically indicated, repeat the sleep study.