



The Department of Transportation CMV medical exam has specific requirements that must be met. To make your application process for a CMV go smoothly you must provide the following when you come for your exam. Please read this carefully and check off each item as you have completed.

**BE SURE TO BRING TO YOUR APPOINTMENT:**

- Your **driver's license**
- Prescription medication** list
- Most recent physical exam report
- If you see a health care provider for any **chronic health issues**, please bring a **copy of the last visit** with you to your appointment. It should include diagnosis, date of onset of the condition, medications (dose, frequency), current limitations and contact information for that provider.
- If you have any **medical exemption forms**, please provide them for your exam

**FEDERAL DOT CMV MEDICAL EXAMINATION REQUIREMENTS CHECK LIST**

- If you require correction to your **vision**, you must bring a pair of glasses with you to the exam.
- If you wear **hearing aids**, you must bring the hearing aids and an extra power source with you.
- If you have had a **heart attack, coronary artery stents, heart disease, heart disease, chest pain or any heart surgery**, a cardiology consult will be required BEFORE your CMV exam. At your CMV exam, you will need to bring a copy of your most recent cardiac stress test results (must be within 2 years), echocardiogram results (if applicable), and a clearance letter from your cardiologist.
- If you have had a **stroke, seizure, head injury, a mini stroke, intracranial bleed, brain infection, dizziness or passing out spells (syncope)** you will require a neurology consultation BEFORE your CMV exam.
- If you have **diabetes**, you are required to bring a letter from your treatment provider (primary care provider or endocrinologist) that documents HgbA1C (<9%) within the past 6 months and a 1-month log of fasting blood sugars.
- If you are being treated for **adult depression, any psychiatric disorder, or Attention Deficit/Hyperactivity Disorder (ADHD)**, you are required to provide documentation from your primary care provider and mental health provider about your diagnosis, treatment plan including medicine for clearance to drive a commercial vehicle.

- If you have **sleep apnea or a sleep disorder**, you will require a consultation with a sleep specialist BEFORE your CMV exam. Please bring documentation of the most recent sleep study.
- If you take **blood thinners**, such as Warfarin (Coumadin), you must provide documentation of monthly INR results. You must have a therapeutic INR within a month of your certification.
- If you have a **pacemaker**, you'll need to provide documentation that shows your pacemaker has been checked within the last 12 months. This is important to ensure that the pacemaker is functioning properly, as it is critical for your health and safety while driving.
- If you have an implantable defibrillator (ICD), **you are automatically disqualified from obtaining a CDL**. This is because an ICD is often used to correct life-threatening arrhythmia and having one can present a safety risk while operating a commercial vehicle.
- If you are a **smoker > 35 years old, have asthma, COPD or other respiratory illness** you will need to have a pulmonary function test. Please bring the documentation to your appointment.
- If you are taking blood **pressure** medication, your blood pressure must be less than **140/90** or your certification may be delayed.
- If you have an **abdominal, thoracic or other aneurysm (dilated blood vessels) or have had surgery for an aneurysm** you will need a letter from your vascular surgeon clearing you to drive a commercial vehicle.
- If you are on any **prescription or over-the-counter medications**, please bring your current medication list.

Your appointment will be scheduled at the following location:

**Rittgers Spine and Wellness**  
**310 NW 7<sup>th</sup> Street Suite 200**  
**Pocahontas, IA 50574**