



QUINCY MEDICAL GROUP

MEDICAL EXAMINATION REPORT FOR COMMERCIAL DRIVER FITNESS DETERMINATION (DOT EXAM)

Quincy Medical Group would like to make your DOT Exam efficient and eliminate delays in your medical certification. If you have any of the conditions listed below, please obtain the following medical information and provide to the examining clinician.

YOUR CERTIFICATION MAY BE DELAYED UNTIL THIS INFORMATION IS
AVAILABLE FOR THE EXAMINER

DIABETES

- Blood test results of **Hemoglobin A1c** within the past 4 months.
- A copy of a recent medical evaluation from your health care provider in regards to your diabetes treatment and control, including any low blood sugar reactions, any hospital stays for high blood sugar, and any complications such as kidney, eye or nerve damage (numbness, tingling or burning of the feet) or if changes have been made to your medications within the past 6 months.
- Accurate list of medications.
- Evidence that you had a diabetic eye exam from an eye care provider within the past 12 months.

HEART PROBLEMS (heart attack, angioplasty, stents, heart failure, arrhythmia, surgery)

- A copy of a recent (within past year) medical evaluation from your cardiologist or managing health care provider in regards to treatment of your cardiac status and/or high blood pressure, including medication tolerance and control.
- Copy of most recent **EKG, Stress Test, Echocardiogram** or other heart test.

OBSTRUCTIVE SLEEP APNEA (OSA)

- The most recent sleep-study report (**Polysomnogram**).
- Please bring a report from the company that provides your treatment device, such as CPAP device. The report should show how many hours you use it on average, and how many nights out of the last 2-3 months.

MENTAL HEALTH (depression, anxiety, panic, post traumatic stress disorder, attention deficit and/or hyperactivity disorder, bipolar disorder etc)

- Provide a copy of recent medical evaluation from your treating provider. Your provider should state if your condition, treatment and medications are compatible with safe performance of commercial driving duties, including working irregular hours.

Any Questions Contact Quincy Medical Group Occupational Health 217-222-6550 x3662