

NOTICE TO ALL COMMERCIAL DRIVERS

Due to recent changes put in place by the FMCSA ([Federal Motor Carrier Safety Administration](#)), drivers with certain conditions may need additional testing before they may be certified. Please keep in mind, that even if you do not meet the requirements at the time of the examination, you may still have the physical portion of the exam performed and the qualification to drive may be done at a later time (once the requirements have been met). The following is a check list to help you be ready when you come for your appointment.

- ⤴ Smokers over the age of 35 are now advised to have a pulmonary function test before they may be certified (a simple breathing test). We can do these here, but they must be scheduled for our respiratory therapist.
- ⤴ Drivers with a history of sleep apnea must have documentation showing that they are at least 70% compliant with the use of their CPAP machine (within that year).
- ⤴ Drivers who are obese, have day time sleepiness, snore, or have a neck size equal or greater than 17" (16" for women), may need to undergo a sleep study to rule out undiagnosed sleep apnea.
- ⤴ Drivers with a history of diabetes must show proof of good blood glucose control. This is usually done through periodic blood work such as A1C testing. This should be less than 8.0 It is recommended that these drivers also have a yearly eye exam performed by a specialist to ensure that they do not have diabetic retinopathy (damage caused to the eyes by elevated blood glucose levels).
- ⤴ Drivers with certain eye disorders such as Cataracts or Glaucoma will need a note from their eye specialist noting that their conditions are stable and in the case of Glaucoma, their peripheral vision is at least 70 degrees (on both eyes) or better.
- ⤴ Drivers with certain heart conditions will need periodic testing. Those with a history of *congestive heart failure* must have a recent echocardiogram showing an ejection fraction of at least 40% Drivers who have had *bypass surgery* more than 5 years ago will need an exercise tolerance test showing an adequate response (at least 6 MET). Patients that have undergone *stent placement* may also need a stress test. Also, if the driver takes regular *anticoagulants* such as Coumadin (Warfarin), he/she must provide records showing frequent monitoring.
- ⤴ Other conditions such as hernias may also need the evaluation of a specialist to ensure that they are stable and do not require surgical repair.
- ⤴ Drivers on mood or anxiety medications may need to provide documentation from a doctor that they are stable on treatment and do not impair their ability to drive.
- ⤴ Drivers with neuromuscular disorders, headaches, or vertigo may require a letter from their specialist or doctor.

Please also keep in mind that if you've undergone certain procedures recently, there are waiting periods that must be completed before you're allowed to drive a commercial vehicle.



FAMILY MEDICAL ASSOCIATES