



Patient Instructions:

Preparing for Your DOT Physical at Belred Family Medicine dba Advanced Family Medicine

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24 Hours Before Your Appointment

To ensure the most accurate readings (especially for blood pressure and urinalysis):

- **Limit Caffeine and Nicotine:** Avoid excessive coffee, energy drinks, or heavy smoking, as these can spike your blood pressure.
 - **Hydrate:** Drink plenty of water. You will be required to provide a small urine sample at the clinic.
 - **Avoid High-Sodium Foods:** Excessive salt can cause temporary fluid retention and higher blood pressure readings.
 - **Rest:** Ensure you get a full night's sleep to stay relaxed and alert.
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What to Bring With You

Please bring the following items to avoid delays or the need for a follow-up appointment:

- **Identification:** A valid Driver's License or other government-issued photo ID.
 - **Corrective Lenses:** Bring your glasses or contacts if you use them for driving.
 - **Hearing Aids:** If you use them, ensure they are functioning and have fresh batteries.
 - **Medication List:** A complete list of all current prescriptions, including dosages and the names of the prescribing doctors.
 - **Specialist Records: * Heart Issues:** Recent stress test results or a clearance letter from your cardiologist.
 - **CPAP Users:** A compliance printout showing at least 90 days of usage data.
 - **Diabetes:** Recent A1C results (and your MCSA-5870 form if you use insulin).
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Day of the Exam: Helpful Tips

1. **Take Your Meds:** Do not skip your blood pressure or diabetes medication on the morning of the exam.

2. **Arrive Early:** Rushing creates stress, which can lead to a "White Coat Hypertension" (elevated heart rate/blood pressure).
 3. **The Urine Sample:** This is a **kidney function screen**, not a drug test. It checks for sugar (diabetes), protein (kidney damage), and blood. Make sure you have a somewhat full bladder when you arrive.
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Common "Roadblocks" to Watch For

- **Blood Pressure:** If your reading is higher than **140/90**, the examiner may only be able to issue a short-term certificate (e.g., 3 months or 1 year) instead of the full 2 years.
 - **Vision:** You must have at least **20/40** vision in each eye. If your prescription is old, consider an eye exam *before* your DOT physical.
 - **Surgery:** If you have had any major surgery in the last 12 months, bring a "fit for duty" release from your surgeon.
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Note: The Medical Examiner's role is to ensure you are safe to operate a heavy vehicle. Being honest and prepared is the fastest way to get your certificate and get back on the road.