

# How to prepare for your DOT/CDL Medical Exam at Gonstead, Stangl & Arkowski Chiropractic and Massage Therapy, LLCs

Please bring in:

- Your previous medical card (If obtained)
- Your previous long form exam (If obtained)
- Your commercial driver's license
- Name, address, and phone number of all physicians you currently see
- List of prescription medications if you take any, including;
  - It may be convenient to bring your prescription bottles in with you.
    - Name of medication and reason for prescription
    - Doses
    - Onset of Diagnosis
    - Treating Physician Name and Address
- List of current or frequently used over-the-counter (OTC) medications
- Any recent lab tests or medical clearance letters from other doctor's
- Glasses (if prescribed)
- Hearing Aids with extra batteries (if prescribed)
- ***Cash or credit card for payment (No insurance and local checks only!)***
  - If you fail to pass your exam due to misrepresentation or a disqualifying medical condition, you will still be responsible for paying for your DOT physical.

Please wear comfortable clothing.

- For the exam, you WILL be asked to remove
  - Shirt
    - wearing a gown is optional for males, required for females
  - Socks
  - Shoes
- Please wear comfortable shorts or comfortable loose fitting pants that has ankle cuffs that are able to be brought up over your knees.

You will have to have a Urine Analysis (UA) during the exam

- Please come to your exam with a full bladder
- UA does NOT include drug or alcohol testing
- UA DOES include testing for blood, sugar, protein and specific gravity of urine content.