

See below for patient instructions for specific medical conditions

Medical Condition	What to Bring to Appt/Instructions
Takes Medications	Bring a list of medications and dosages/or bring all medication bottles with you to your appointment. Know why you take your medications/what are they prescribed for and who prescribed them. Take your medications as prescribed before your appointment.
Blood Thinners (Coumadin, Warfarin, etc)	Bring INR labs for medication monitoring.
High Blood Pressure	Take your medication as prescribed, avoid a heavy meal and alcohol the night before your appointment. Avoid excessive caffeine or energy drinks before your appointment.
Heart Condition/Heart Attack (Myocardial Infarction, stent placement, cardiac surgery)	Bring a Cardiologist note from within the last year indicating medical clearance for <b>Commercial</b> driving. Exercise stress test within last two years.
On Restricted or Limited duty	Driver will need clearance from their treating provider. Either completely cleared or cleared to Drive <b>Commercial</b> Vehicle. OK to schedule appointment but advise driver to obtain this information.
Diabetes	Most recent A1C results (fasting glucose). Take medications as normal and adhere to American Diabetic Association recommended meal prior to your appointment. <b>**Insulin users must have an ODOT waiver**</b>
Sleep Apnea/CPAP users	See your sleep Doctor yearly and bring your usage log for CPAP use.
Other Medical Conditions	May be asked to provide records before DOT clearance is issued.