

DOT EXAMS

DOT exams ensure commercial drivers meet federal safety standards.

We do **NOT** accept walk-ins.

Most exams take 1 hour when you arrive prepared. In some cases, additional documentation may extend the process.

PRIOR to your DOT EXAM:

- We require 3 years of medical records prior to exam, if you are not an established patient. (Please allow at least 2 weeks, to get medical records, once you come in and sign a medical release form.)
- Have special forms or testing done, by treating providers. (Please ask if you have any questions before your exam.)

What to bring to your DOT EXAM:

- A full bladder for a urine sample
- Glasses or contact lenses if you wear them
- Hearing aides if you wear them
- Your driver's license
- List of medications
- Any required special forms, completed by the managing provider beforehand

Special forms for special situations:

- Hearing impairment
- Vision impairment
- Seizure disorder
- Diabetes (insulin-dependent or not)
- Sleep apnea (must bring 3 months of CPAP compliance documentation)
- Click the link below to access the forms required for these situations

[FMCSA website for forms](#)

- Take the forms to the provider who manages your care
- Bring the completed form(s) to your DOT Exam at Ruby Valley Medical (check which location you are scheduled)

*When you MUST see a Specialist First:

You must see your managing provider or specialist **before** your DOT exam if:

- You take controlled medications, sedating medications, or prescription pain medications
- Your corrected vision is not 20/20
- You have a hearing impairment
- You have diabetes or a seizure disorder
- You have sleep apnea and cannot show CPAP compliance data
- Other health conditions

***This section helps prevent failed exams and frustrated drivers.**

Step-by-Step DOT Exam Walkthrough:

1) Arrive at the clinic

Check in at Sheridan or Twin Bridges location (need to confirm ahead of time, where you need to arrive) and be prepared with your forms, medications list, glasses or contacts, hearing aids and a full bladder for the urine sample.

2) Provide your urine sample

The urine test is completed at check-in before the exam begins.

3) Complete required paperwork

You will receive DOT forms to fill out in the reception area.

4) Undergo nursing assessment

The nurse will take vitals, vision tests, color perception, and collect your completed forms.

5) Meet with DOT medical examiner

The examiner reviews your forms, performs the physical exam, and conducts a hearing test.

6) Receive your determination

If additional documentation is required, it will be clearly communicated. Approved certificates are signed and provided to you.

7) Finalize your paperwork

Front desk staff makes copies of paperwork, to scan into your chart, and the medical examiner submits your determination, online. You can verify your status online.

PLEASE NOTE: Ultimately, it is your responsibility to make sure that the Montana Motor Vehicle Division received your renewal paperwork.

Payment Information:

- Payment due at check-in, and we do NOT bill insurance.