

## DOT Exams 2015

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We are ready for the new FMSCA guidelines. TLC Chiropractic Center's Dr. Marty Laudig DC is a certified practitioner for commercial drivers to fulfill Department of Transportation (DOT) regulatory requirements.

### **Total Fees: \$100**

Click on the button below to make your appointment (recommended). We only perform them on certain days.

Mail to: [tlcchiropracticcenter2014@gmail.com](mailto:tlcchiropracticcenter2014@gmail.com)

### **What we do on the date of your exam:**

- Review health history
- Perform a urine test (not a drug test)
- Perform a thorough physical exam including blood pressure reading
- Complete the Medical Examination Certificate
- Come in 15 minutes before your appointment time to complete paperwork

### **How to prepare for your exam:**

- If you wear eyeglasses, contact lenses, and/or a hearing aid, please wear it.
- Bring a list of your current medications and the name and phone number of the prescribing doctor.
- Complete the Driver Information and Health History sections of the Medical Examination Report form.
- Bring your records for any general medical conditions (e.g. diabetes, heart disease, etc.)
- Bring any records for pain or psychiatric conditions, attention deficit disorder, or smoking cessation.

### **Tips for having your blood pressure taken:**

- Don't drink coffee or smoke cigarettes for 1 hour before your exam.
- Wear a short sleeve shirt so your arm is exposed.
- Use the bathroom if needed prior to the exam.