

Preparing for Your Oregon Truck or Bus Driver Physical Exam

It is our goal to issue your medical certificate, or at least a temporary certificate, on the day of your exam. This cannot be accomplished in some cases without accurate, up to date medical information. Requesting medical records can sometimes cause a delay for weeks.

Recommendations:

- Bring a complete list of all prescription and over-the-counter medications.
- If you have glasses, bring them whether you use them for driving or not.
- Bring in a complete list of all medical problems and surgeries.
- For **diabetes**, you will need a Hemoglobin A1c Test ≤ 10.0 within 90 days and a note from your treating physician.
- For **sleep apnea** that requires CPAP machine, you will need to bring in at least 90 days of compliance data from the machine.
- For **heart conditions**, you will need a note from your treating physician including results of exercise treadmill, heart rate monitor, catheter, and Coumadin tests.
- For **recent surgery**, you will need a note from your treating physician stating you are cleared to return to truck or school bus driving.
- For **high blood pressure**, your blood pressure must be under 140/90 to pass the exam. You may need a note from your treating physician within 90 days of the exam.
- For **controlled substances medication**, you will need a note from the treating physician within 90 days of the exam that you are cleared to drive.

Helpful tips:

- Avoid a heavy meal and drink plenty of water
- Avoid alcohol the night before your exam
- Get a good night sleep
- Try to get a morning appointment and avoid stress
- Do not forget your blood pressure medicine
- Avoid or limit caffeine