

Information Regarding Regulations and the New FMCSA Exam Form Beginning April, 2016

- All pertinent health information must be brought with you on the date of your exam or faxed before exam (fax: 315 349 5726) see pre-exam check list.
- If the medical examiner finds a condition which needs further documentation, you will be allowed up to 45 days to get that information to the examiner. You will not be given a medical certificate until we receive the necessary information. If you fail to provide this information within the time frame, the exam is voided.
- If the medical examiner grants you a certificate for less than 2 years (i.e. 3 months, 6 months, 1 year) a new complete exam must be done when that certificate expires. The medical examiner is no longer able to extend the original exam by issuing additional certificates for that exam. **This is important information for the employer who may have sent you for the exam as it will require additional appointments and fees. This will also apply to self-pay operators.**

Pre Exam Check list

You will need a **current New York State driver's license** (please note, if you have an out of state license your home address must be in the state issued.

- Diabetes – recent Hemoglobin Alc blood test result (within the past 3 – 6 months) recent diabetic log revealing no episodes of hypoglycemia. If on insulin, must bring copy of FMCSA diabetic waiver, notes from endocrinologist past 3 – 6 months, note from Ophthalmologist exam in past 2 years.
- If any history of heart disease, heart attack, any stents inserted, heart surgery - will need a note from your medical provider (Cardiologist) within past 6 – 12 months which states you are medically stable from cardiac view point. Provide stress test results within past 1 – 5 years if done.
- Sleep Apnea – evidence of control. If you are using a CPAP/BIPAP machine, you need to provide proof that you are using the machine on a consistent basis via a print out from your machine. Discuss how to obtain this information with the provider that supplies your sleep apnea machine.
- History of TIA or stroke must be free from recurrent episodes for at least one year and provide proof of exam by Neurologist.
- Vision – if you own eyeglasses or contact lenses, you must bring them with you
- Hearing – if you use hearing aids, you must bring them with you
- Seizures – evidence documenting that you have been seizure free for the past ten years and take no seizure medication for interstate commerce. Drivers with single unprovoked seizure may be qualified if seizure free & off medication for 5 years. Must provide documentation from provider or Neurologist certifying you meet these requirements.
- Major surgery, orthopedic injury, heart condition or other illness **within the past six months** – copies of any relevant medical records such as **release for return-to-work**
- Medications – list of all prescription medications taken, including reason. Driver cannot be qualified if taking Methadone.