



L&L Live Well

supporting your journey to wellness

TIPS to be ready to pass your DOT exam.

- Get plenty of rest the night before your exam.
- Don't rush to your appointment.
- Stay hydrated with water the week before and day of your exam.

If you have Hypertension:

1. Make sure to take your blood pressure medication before coming to your appointment.
2. Don't drink coffee or any caffeinated drinks, including energy drinks.

If you have Sleep Apnea:

1. Bring your CPAP report to your exam.

If you have diabetes:

1. Please take your medication(s).
2. If you are on medication either oral or insulin, please make sure to have your doctor complete the following forms and bring forms to your DOT exam.
3. If you have Non-Insulin Treated Diabetes and take Oral Medication please electronically fill out the [Form MCSA-5872](#) form.
4. If you have Insulin-Treated Diabetes Mellitus, please electronically fill out the Form [MCSA-5870](#) form.

If you are on ADHD stimulants:

If you have ADHD and are on a stimulant, please have your prescribing provider write you a letter stating your diagnosis, medication, side effects if any, and your response to treatment. Please bring the letter to your exam. If you have any other specific questions, please contact us.

If you have any other specific questions, please contact us.