

## **DOT Medical Clearance: CORONARY ARTERY BYPASS GRAFTING SURGERY**

# DOT Physical Exam Medical Clearance

**Patient** \_\_\_\_\_

**Date** \_\_\_\_\_

**DOB** \_\_\_\_\_

The above driver has presented for a DOT medical certificate to drive a commercial motor vehicle. Per Federal Motor Carrier Safety Administration medical guidelines, we ask for your professional opinion to determine if the driver is medically cleared to operate a commercial vehicle and that s/he meets the following FMCSA medical guidelines for drivers with a history of **CABG**:

### **FMCSA GUIDELINES FOR HISTORY OF CORONARY ARTERY BYPASS GRAFTING SURGERY**

- Minimum 3 month waiting period post-CABG
- Sternum has healed
- Driver is asymptomatic
- LVEF  $\geq$  40%
- Driver has no orthostatic symptoms or other adverse effect from medications
- Has a satisfactory ETT (or, when indicated, an imaging stress test): Driver achieves  $> 6$  METS Bruce Protocol Stage II or equivalent, attains  $\geq 85\%$  target heart rate (unless on beta blockers),  $\geq 20$ mm rise in systolic BP without angina, no significant ST segment depression.

**ENTER DATE OF MOST RECENT STRESS TEST:** \_\_\_\_\_

The demands of a commercial driver include loading/unloading heavy cargo, tarping trailers, coupling/uncoupling trailers, inspecting brake lines and putting on tire chains and require perceptual skills to monitor a complex driving situation and judgment skills to make quick decisions in addition to the ability to control an oversize steering wheel, shift gears using a manual transmission, maneuver a vehicle in crowded areas, enter and exit the cab frequently, and the ability to climb ladders on the tractor/trailer.

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If the driver **meets** the above requirements and your recommendation is that the driver can operate a CMV safely, please sign and date below.

\_\_\_\_\_  
Provider's Signature

\_\_\_\_\_  
Date

If the driver **does not meet** the above requirements and your recommendation is that the driver **cannot** operate a CMV safely, please sign and date below.

\_\_\_\_\_  
Provider's Signature

\_\_\_\_\_  
Date

If the driver **does not meet** the above requirements **and it is your opinion that the driver should be allowed** to drive a commercial vehicle, DOT medical examiners may use discretion if there is sufficient medical reasoning for why the guidelines should not be followed. Should this be the case, please identify in the area below which guideline is not met, and the medical reason the driver is safe to drive.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Provider's Signature

\_\_\_\_\_  
Date

**PRINT PROVIDER'S NAME** \_\_\_\_\_

Address (City, State, Zip): \_\_\_\_\_

**Return this letter to the patient's medical examiner by fax/email:**

Windy D. Heyn, D.C. / Vermont DOT Physicals / p: 802-372-5800 / f: 802-372-5881

Thank you for your assistance.