

The Federal Motor Carrier Safety Administration (FMCSA) has issued the following advice for drivers undergoing medical exams:

As a commercial motor vehicle (CMV) driver, you need to talk to your doctor about the type of work you do and the physical qualification requirements you must meet to safely operate a CMV. Here are some questions and issues to help in this discussion with your doctor.

1. Tell your doctor what you do, your **job responsibilities**, and the tasks you perform. Be sure to include the driving and on-driving tasks, such as the inspections, load re-distribution, the need to apply chains, etc. By doing this, your doctor will be able to make a better assessment of your health and performance of your job.
2. Ask what affects your **injury or illness** will have on your job. What are the direct and indirect impacts on your ability to perform all driving and on-driving tasks safely?
3. Ask about your **treatment**. Specifically, ask what you must undergo to relieve the symptoms or treat the disease and how the treatment may impact your ability to drive a CMV safely.
4. Talk to your doctor about **alternative treatments**. Ask about equally effective alternate treatments that will not have an adverse impact on safe driving. Would any of these fit your driving requirements better?
5. Ask about the **medications** your doctor prescribes. Will the side effects cause sleepiness, fatigue, drowsiness, lack of focus or concentration, or a decreased reaction time? Will the side effects interfere with safe driving?
6. Inform your doctor of the **medications** you are taking. Identify prescription, non-prescription, dietary supplements, or herbal remedies, and discuss whether the medications will interact and cause any unsafe side effects. Some medications can interact with one another to cause serious adverse reactions and interfere with the effectiveness of another medication. Don't let your treatment be undone because your medication doesn't work properly!
7. Discuss the **extent of treatment** and how long you must take your medication.
8. Ask what you can do to improve your chances for **recovery**. Simple changes like losing weight, exercising, and stop smoking, drinking more water, improving your eating habits, or getting more sleep can make great improvements in your overall health.

Remember: You are an expert in your work, and your doctor is an expert in his/her field. When you put your knowledge together, you can come up with a plan designed to meet your individual needs, and keep you and those who share the road with you, safe.