

McClatchy Medical Center

What You Need to Know about ...

Blood Thinners- Coumadin Therapy

What is the Rule?

49 CFR Part 391.41 "A person is physically qualified to drive a motor vehicle if that person has no current clinical diagnosis of myocardial infarction (heart attack), angina pectoris (chest pain), coronary insufficiency, thrombosis (blood clot), or any other cardiovascular disease of a variety known to be accompanied by syncope (passing out), dyspnea (shortness of breath), collapse (fainting) or congestive heart failure."

What are your responsibilities?

Before going to a DOT exam you need to gather the information required by the DOT in able to be certified on that visit. If you do not have the required information then you risk not being able to be certified on that visit and it may take you off the road until the information is gathered or prevent you from being hired.

What is required?

- An evaluation by a cardiologist
- Normal resting EKG
- Results of a thallium exercise tolerance test negative for ischemia when the patient has completed 8-10 METS or Bruce stage III, obtained 85% of predicted heart rate for age, had an appropriate blood pressure response on both systolic and diastolic and shows no dysrhythmia, no clinical symptoms of ischemia, no angina, and no ST segment depression.
- A statement from the treating physician that the condition will not cause incapacitation.

Type of Arrhythmia	DOT opinion
Premature Atrial Contractions	Qualified
Atrial Fib. or Flutter, Junctional, SVT, WPW, Ventricular dysrhythmia	This is disqualifying until asymptomatic and pending full cardiac evaluation, treatment and documentation of recovery or control. Low classification \geq grade 3 is disqualifying.
Heart block	1° and type I 2° block is acceptable if no bradycardia. Type II 2° and 3° block is disqualifying.
Bundle Branch Block	Qualification subject to EKG and Thallium stress test evaluation.

What you need to bring to the DOT exam?

You must go to your cardiologist with this information and have him write a letter showing compliance with the above regulations. Many drivers will go to their family doctor to have these tests performed but they must be performed prior to the examination date or you cannot complete the examination.