

# McClatchy Medical Center

## What You Need to Know about ...

### Diabetes

#### What is the Rule?

49 CFR Part 391.43 requires that a non-insulin dependent diabetic must be stabilized by the use of a hypoglycemic drug and/or diet that can be obtained while on duty. Also, the driver must remain under medical supervision at all times. Insulin dependent diabetics can not be certified to drive a commercial motor vehicle.

#### 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. The reason for these rules is to protect not only the public but to protect you and your company.

#### What is required?

The following guidelines for "acceptable" control of diabetes must be met.

- A) Must have a release from the treating physician stating the driver is under adequate control and the driver's medication is not likely to affect the driver's ability to operate a commercial motor vehicle safely, and,
- B) Five fasting blood sugar readings that average 130-150 with no reading greater than 180 mg/dl, or
- C) An "A1C" reading of 10 or less. If between 8 and 10, can be certified for 90 days only. These should be repeated every 6 months, or,
- D) A random blood sugar < 140, if no other risk factors or end-organ (diabetic) damage, can be certified for one year.

#### What you need to bring to the DOT exam?

Before arriving at the examination center you should contact your treating physician to obtain the last four HgbA1C levels, the last four fasting blood sugar levels and a statement from your physician stating that you are adequately controlled on medication and can safely operate a commercial motor vehicle.

Your Human Resources supervisor will have a form to have your physician fill out prior to the examination.