



DOT Medical Clearance Request

Interstitial Lung Disease (ILD)

In accordance with Federal Motor Carrier Safety Administration (FMCSA) guidelines, we respectfully request your professional opinion regarding this driver's ability to safely operate a commercial vehicle given their diagnosis of **Interstitial Lung Disease (ILD)**. The medical examiner requires specialist documentation prior to making a certification determination.

PATIENT NAME	DATE OF BIRTH

FMCSA Guidelines — Interstitial Lung Disease (ILD)

Note: Per the 2024 FMCSA Handbook (§4.13.2), respiratory conditions are assessed using FVC and FEV1 thresholds. For ILD, a restrictive pattern on spirometry is typical. The medical examiner must assess whether the degree of functional impairment, oxygen requirement, or exercise limitation is compatible with safe CMV operation.

For certification, please confirm:

- Confirmed ILD diagnosis with specific subtype if known (e.g., IPF, NSIP, hypersensitivity pneumonitis, sarcoidosis-related ILD) and date of diagnosis
- Most recent pulmonary function test (PFT) results — FVC and FEV1 as percent predicted; TLC and DLCO if available
- **FVC ≥60% predicted and FEV1 ≥65% predicted** on most recent spirometry
- Resting SpO2 ≥90% on room air; no supplemental oxygen requirement at rest or with exertion at anticipated work demands
- ILD is stable or slowly progressive — no acute exacerbation requiring hospitalization within the past 12 months
- Current treatment regimen documented (antifibrotic therapy, immunosuppression, or observation) with specialist attestation of treatment stability

The following are disqualifying:

- **FVC below 60% predicted or FEV1 below 65% predicted — does not meet FMCSA minimum respiratory standard**
- **Resting hypoxemia (SpO2 <90% on room air) or requirement for supplemental oxygen**
- **Acute exacerbation of ILD requiring hospitalization within the past 12 months**
- **Significant pulmonary hypertension secondary to ILD on echocardiography or right heart catheterization**
- **Functional limitation precluding performance of CMV physical demands (loading/unloading, tire chains, cab entry/exit)**



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Commercial Driver Physical Demands

Commercial motor vehicle operation places substantial physical demands on drivers that extend well beyond the act of driving. Drivers are routinely required to load and unload cargo, couple and uncouple trailers requiring full range of motion to climb, grip, and pull, lift and install tire chains weighing between 35 and 90 pounds, and tarp open trailers requiring lifting motions of 50 to 100 pounds — often after extended periods of sitting without a stretching period. In addition to these labor demands, drivers must maintain sustained perceptual alertness, control an oversized steering wheel, operate manual transmissions, maneuver large vehicles in confined spaces, and safely enter and exit the cab, which is physically comparable to climbing a ladder. These combined physical and cognitive demands should be carefully considered when determining this driver's fitness for commercial driving duties.

Provider Certification

- ☐ **CLEARED** — The driver meets the above requirements and in my clinical opinion is medically cleared to safely operate a commercial motor vehicle.
- ☐ **NOT CLEARED** — The driver does not meet the above requirements and in my clinical opinion cannot safely operate a commercial motor vehicle at this time.
- ☐ **CLEARED WITH DISCRETION** — The driver does not meet one or more guidelines; however, in my clinical opinion the driver is safe to operate a commercial motor vehicle for the following reason(s):

PROVIDER NAME (PRINT)

SPECIALTY / TITLE

DATE

PROVIDER SIGNATURE

ADDRESS (CITY, STATE, ZIP)

PHONE / FAX

This form must be completed and signed prior to the scheduled examination date. A physician office stamp is strongly recommended to validate the authenticity of this document. Incomplete or unstamped forms may delay the certification process. Thank you for your cooperation in supporting the safe operation of commercial motor vehicles on our nation's roadways. [RoadReadyMed.com](https://www.RoadReadyMed.com)