



DOT Medical Clearance Request

Ménière's Disease

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 **Ménière's Disease**. Per 49 CFR §391.41(b)(8) and §391.41(b)(12) and the 2024 FMCSA Medical Examiner's Handbook, this condition is recognized as effectively disqualifying due to the risk of sudden loss of consciousness or excessive daytime sleepiness that may impair the safe operation of a commercial motor vehicle. The medical examiner requires specialist documentation prior to making a certification determination.

PATIENT NAME	DATE OF BIRTH

FMCSA Guidelines — Ménière's Disease

Note: Per the 2024 FMCSA Handbook, Ménière's Disease is a case-by-case condition. The medical examiner must assess the frequency and severity of acute vertigo attacks, the presence of drop attacks (otolithic crisis of Tumarkin), current treatment status, medication side effect profile, and whether associated hearing loss meets the FMCSA auditory standard. A 12-month attack-free interval is the benchmark for certification consideration.

For certification, please confirm:

- Confirmed diagnosis of Ménière's Disease with affected ear(s), date of initial diagnosis, and name of treating ENT or neurotology specialist
- Driver has been free from acute vertigo attacks for a minimum of 12 months on current treatment regimen — date of last vertiginous episode documented
- No history of drop attacks (otolithic crisis of Tumarkin) — sudden falls without warning are present; if yes, certification is not supported regardless of treatment status
- Current treatment regimen documented (diuretics, betahistine, intratympanic injections, vestibular rehabilitation, or surgical intervention) with specialist attestation of treatment stability
- Current medications reviewed — no vestibular suppressants (meclizine, diazepam, scopolamine, promethazine) prescribed at doses likely to cause sedation, cognitive impairment, or psychomotor slowing during waking hours
- Associated sensorineural hearing loss evaluated against FMCSA auditory standard — driver can perceive a forced whispered voice at 5 feet or better in at least one ear (with or without hearing aid), or audiometric testing on file confirming compliance

The following are disqualifying:

- Active vertigo attacks within the past 12 months — any episode of acute rotational vertigo regardless of duration or severity
- Any history of drop attacks (**otolithic crisis of Tumarkin**) — sudden, unpredictable loss of postural tone without warning is an absolute contraindication to CMV operation
- Current use of sedating vestibular suppressants (**meclizine, diazepam, scopolamine, promethazine**) at doses impairing alertness, coordination, or psychomotor function
- Associated hearing loss falling below the FMCSA auditory standard — unable to perceive a forced whispered voice at 5 feet in at least one ear with or without hearing aid
- Bilateral Ménière's Disease with ongoing active phase in either ear and no documented 12-month attack-free interval



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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)