

Things to do or not to do before your flight physical to make it easier for the A.M.E. and the pilot:

1. Forget your glasses
2. Notice a change in your near/far distance and not get an eye exam and glasses before your flight physical.
3. Have a Special Issuance and not bring your letter from the F.A.A
4. Have a Special Issuance and not send in the medical information the F.A.A. requested by the required date.
5. Have a Special Issuance and not bring to the exam the required medical information outlined in the F.A.A. letter.
6. Forget to tell the A.M.E. you have one of the 15 disqualifying conditions
 - Diabetes mellitus requiring hypoglycemic medication;
 - Angina pectoris;
 - Coronary heart disease that has been treated or, if untreated, that has been symptomatic or clinically significant;
 - Myocardial infarction;
 - Cardiac valve replacement;
 - Permanent cardiac pacemaker;
 - Heart replacement;
 - Psychosis;
 - Bipolar disorder;
 - Personality disorder that is severe enough to have repeatedly manifested it self by overt acts;
 - Substance dependence;
 - Substance abuse;
 - Epilepsy;
 - Disturbance of consciousness without satisfactory explanation of the cause
 - Transient loss of control of nervous system function(s) without satisfactory explanation of cause.
7. Have a chronic medical condition (ex. Hypertension, asthma ect.) requiring medical records and not bring them with you.
8. Having borderline high blood pressure and not seeing your personal doctor for evaluation and treatment before your flight physical.
8. Take a decongestant, drink too much coffee, smoke a cigarette or take other stimulants before your exam, which raise your blood pressure.
10. Have a family history of diabetes mellitus (or other familial diseases) and not get periodic checks with your personal doctor before your flight physical.
11. Having a family history of diabetes mellitus and having a large dose of sugar before your exam so sugar shows high in your urine test.

12. Mark on 17b. Under medications, that you are on a prohibited medication on a regular basis.

13. Forget to bring your S.O.D.A.(Statement of demonstrated ability) (Ex. Color vision defect).

The A.M.E. want you to pass your physical. We know how important it is to you (a lot of us are pilots). Any problem you have the A.M.E. will work with you, the F.A.A. and your personal doctor to try and resolve them. We as A.M.E. want you to be happy pilots with your medical in your hand when you leave our office.

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