If you are an AIRMAN:

1. Work with your AME to obtain any necessary evaluations and documentation. If you have stopped taking ADHD/ADD medication(s), you must be off the medication(s) for 90 days before testing and evaluation.

2. Arrange for required testing and evaluation by a neuropsychologist. The neuropsychologist must have experience with aeromedical neuropsychology (not all neuropsychologists have this training). See the FAA Neuropsychologist List to find one in your area.

3. PRIOR to your appointment: Before going for testing, please ensure the following:

   - Verify with the neuropsychologist's office that they have the ability to obtain a urinalysis for ADHD medication the day of the exam or within 24 hours after the exam.
     
     a. If they do not, then you will need to have your AME or primary care physician write an order for the lab or arrange urinalysis testing.

     b. The urine drug screening must test for ADHD medications, including psychostimulant medications. It should include testing for amphetamine and methylphenidate. *The sample must be collected at the conclusion of the neurocognitive testing or within 24 hours afterward.

     c. The results must be documented in the neuropsychologist's report.

     d. If this testing is not performed, the FAA may not accept the neuropsychologist's findings and you will have to repeat neurocognitive testing.

   - Have a copy of your medical records sent to the neuropsychologist for review.

     o The neuropsychologist will need to obtain a complete history. To do so, you should provide the information in the checklist below. If the information is not available/applicable, a statement must be provided as to why is not available/applicable.
Submit this information to the neuropsychologist PRIOR to your appointment

| All medical records documenting prior diagnosis or treatment for ADHD/ADD, including dates of treatment or evaluation AND name, dosage, and dates the medications were started and stopped. |
| If diagnosed as a child: Academic records (including transcripts), Section 504 plans, IEPs, any academic accommodations, etc., from times both on and off medication. |
| Adults with a history of ADHD and no recent school information: Submit a copy of your drivers’ record from each state in which you have had a license in the past 10 years. |
| ALL previous psychological or neuropsychological evaluation reports. |
| Copies of all records regarding prior psychiatric or substance-related hospitalizations, observations, or treatment. |
| A complete copy of your FAA medical records. |
| To have a copy of your FAA records sent directly to the neuropsychologist submit a Request for Airman Medical Records (FAA Form 8065-2). |

4. Day of testing: Urine drug screen is required after neurocognitive testing.*

5. Submit an 8500-8 exam via MedXPress:
   - The AME will submit your exam as DEFERRED.
   - Coordinate with your AME to make sure that ALL ITEMS LISTED are sent to the FAA WITHIN 14 DAYS of the AME exam.
   - Partial or incomplete packages WILL CAUSE A DELAY IN CERTIFICATION.