

Initial JAR Class 1 (Professional Pilot)/European Class 3 (ATCO) Medical Examination

Medical History - these are questions about any previous illness declared on your [application form](#). You will be asked about them by the examining doctor, and if there is any major illness in your past, it is important to bring reports about it from your family doctor or specialist. Simple appendicitis or a broken arm are not regarded as major illnesses.

Eyesight - this is the commonest cause of difficulty during the examination. The exact requirements are listed at [JAR Class 1 Visual Standards/European Class 3 Visual standards](#). If you are in any doubt you should take a copy of the standards to an optician who will be able to interpret them. This will allow you to have an initial eye test before coming to Gatwick. If there is any further doubt you should send the optician's report to Gatwick for assessment.

Physical Examination - a general check that all is functioning correctly. It will cover lungs, heart, blood pressure, stomach, limbs and nervous system. Any changes, such as for example, a heart murmur, may need further tests which usually cannot be done at Gatwick and will have to be arranged elsewhere.

Ears - the audiogram is a test where you signify that you have heard sounds at different frequencies. If you have doubts about your hearing, the required hearing levels are listed in [JAR Class 1 Hearing Requirements/European Class 3 Hearing Requirements](#). It may be possible for you to have a preliminary test at a local hospital. If you can hear a normal voice in each ear separately at 2 metres, you should not have a problem.

Electrocardiogram – (ECG) - this measures the electrical impulses passing through your heart. It can show disorders of the heart rhythm or of the conduction of the impulses, and sometimes it can show a lack of blood supplying the heart muscle. In the unlikely event of these changes showing on your ECG, further tests with a report from a cardiologist will have to be sought (these can sometimes be [carried out at Gatwick](#)). Most changes turn out to be of no significance and if they appear again on your subsequent ECGs they can normally be discounted, as they have already been investigated.

Electroencephalogram – (EEG) - this investigation is no longer required for an initial UK JAR Class 1. However, it may still be a requirement in other JAA countries and they may require you to have an EEG if you wish to fly their aircraft professionally.

Lung Function Test (spirometry) – this is a test to evaluate the efficiency of your airways. Having asthma does not disqualify you from holding a Class 1 medical, but it must be controlled by your medication and this is assessed by spirometry. If these results are outside the acceptable limits you will be required to undertake an exercise test ([see additional charges](#)). It is advisable to wear or bring with you footwear suitable for running for this test.

Haemoglobin blood test - this is a finger prick blood test which measures the oxygen carrying capacity of the blood. A low haemoglobin is called anaemia and will need further investigation.

Cholesterol blood test - the same finger prick as above. There is no disqualifying level, but the possible health risks of a high cholesterol will be explained by the doctor at the time of your examination.

Chest X-ray – this investigation is no longer required for an initial UK JAR Class 1, but may be requested if you have any heart or lung problems.

Urine test - mainly looking for sugar (diabetes), protein or blood.