

MOM's Oil Change Checklist

Time for a change?

Follow the oil change recommendations in your vehicle's owner's manual. If your vehicle has an oil-life monitor, pay attention to it. When the monitor says it's time for a change, it's time. Pay close attention to how you use your vehicle because vehicle manufacturers sometimes recommend oil drain intervals based on driving habits or conditions.

Are you getting the right viscosity?

Use the viscosity recommended in your vehicle's owner's manual. SAE 5W-20 and 5W-30 are often recommended for today's cars. The viscosity might even be printed on the oil fill cap under the hood!

Is it API-licensed?

Performance matters in lots of things, including motor oil. Know the level of performance recommended by your vehicle manufacturer. Many recommend oils meeting the latest ILSAC or API standard, such as API SN. Oils certified as meeting these standards are easy to find because they carry the API Starburst or API Donut.



Do you know what you're getting?

Confirm with the service provider the motor oil's brand, performance level and viscosity before it's poured into your car or truck and then ask for all three to be included on your receipt. Drive away from locations that won't confirm in writing what they're pouring into your vehicle.

Getting a full change?

Make sure the oil change includes a fresh filter. Your owner's manual probably recommends a specific type of oil filter, so make sure the right one is included with your oil change.

Going to a MOM-licensed installer?

Look for the Motor Oil Matters logo and check out the MOM website—MotorOilMatters.org—to find a trusted location near you.

Did you get a receipt?

Double-check the receipt to confirm that the service provider poured the motor oil you asked for into your car or truck's engine and that the oil meets your manufacturer's recommendation.

When's your next oil change?

Write down the mileage and date you had your oil changed. Vehicle manufacturers often recommend oil changes based on miles or time, whichever comes first.

Ready for a Change?

Find an API-licensed Motor Oil Installer at MotorOilMatters.org



WHICH OIL IS
RIGHT FOR YOU?
MOM
KNOWS BEST™

