

Appointment Guide

Whether this is your first time visiting an eye doctor, or you've been getting annual checkups for years, use this guide to help prepare for a successful appointment and ensure you're asking the right questions every time!



Anyone over the age of 60 should schedule an eye exam at least once a year.^{1,2}

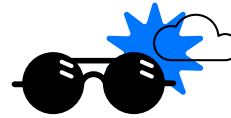
Your next appointment:

1/ Tips for a successful appointment



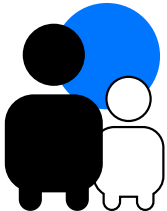
Prepare Ahead

Ask the appointment scheduler if there is anything you need to do before the appointment. One idea is to bring a list of all of your medications.



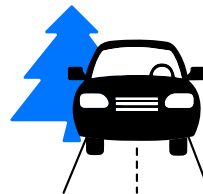
Grab Sunglasses

Help protect your eyes after certain exams are performed.



Bring Someone

Confirm if you can bring someone with you, such as a spouse, child, or friend.



Travel Safely

Make sure you have safe transportation to and from your appointment.

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References:

- 1. Recommended eye examination frequency for pediatric patients and adults. American Optometric Association Web site. <http://bit.ly/2mym7j8>. Accessed January 12, 2017.
- 2. Information for healthy vision: what is a comprehensive dilated eye exam? National Institutes of Health, National Eye Institute Web site. <http://bit.ly/1MwsTN2>. Accessed December 15, 2017.
- 3. Facts about age-related macular degeneration. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/1dBK8yC>. Accessed November 17, 2017.
- 4. Facts about diabetic eye disease. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/2jtoO8K>. Accessed November 17, 2017.
- 5. Keeping your eyes healthy: get regular comprehensive dilated eye exams. National Institutes of Health, National Eye Institute Web site. <http://bit.ly/1bPE2dh>. Accessed November 17, 2017.
- 6. Diabetic retinopathy. American Society of Retina Specialists (ASRS) Web site. <http://bit.ly/2hxx41z>. Accessed November 17, 2017.
- 7. Macular degeneration: understanding your disease – screening & diagnosis. BrightFocus Foundation Web site. <http://bit.ly/2jAOsqr>. Accessed November 17, 2017.

2/ What to expect at the appointment

When you go to your eye doctor, he or she will likely review your medical and family history and do a complete eye exam. This visit may include a few different types of exams, such as:



Visual Acuity Test^{3,4}

This test measures how well you see the letters on an eye chart both for distance and near visual tasks.



Fundus Photography^{6,7}

This test lets your eye doctor look closely at your retina by taking pictures of the back of the eye.



Optical Coherence Tomography (OCT)^{3,4}

This scan shows the layers of the retina and measures retinal thickness. It can help show your eye doctor if fluid is within or under the retina, a sign of certain retinal diseases, including Wet Age-Related Macular Degeneration (Wet AMD) and Diabetic Macular Edema (DME).



Tonometry⁴

This test measures the pressure inside your eye.



Dilated Eye Exam^{3,4,5}

When your doctor conducts a dilated eye exam, he or she will put drops in your eye to dilate, or widen, the pupil. He or she can then better see the back of the eye, including the retina, for signs of problems or changes.



Fluorescein Angiography^{3,4}

During this test, dye is injected into a vein in your arm. The dye lets your eye doctor see the blood vessels in your eye to check for leaks or changes in the retina.

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3/ Questions to ask your doctor

If you're concerned about your eyesight, talk to your eye care specialist about your vision at your first visit. Don't leave the appointment without a clear understanding of your test results. And finally, consider asking about the next steps and what you can do.

AT YOUR REGULAR EYE EXAM

- 1/ I'm noticing changes in my vision. What could these symptoms mean?**
- 2/ What tests are needed to determine if I have a retinal disease?**
- 3/ What are you measuring and why?**
- 4/ If I am diagnosed with a retinal disease, what should I do next and what are my treatment options?**
- 5/ What other doctors might I need to visit?**
- 6/ Why might I need to see a retina specialist?**
- 7/ How often should I see you for check-ups?**
- 8/ Who makes up my eye care team?**

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ONGOING MANAGEMENT

- 1/ Is my condition progressing? If so, what can I do?**
- 2/ What are my treatment options?**
 - What chance of success does each have in treating my condition?
 - How often and for how long will I need treatment?
 - Are there any side effects that I should be aware of?
- 3/ What tests will you do on my eyes to monitor my condition?
What are you measuring and why?**
- 4/ How often should I see you for check-ups? How should I prepare for them?**
- 5/ Will I need any assistance in living with my condition?**
- 6/ How can I be proactive in helping manage my own eye health?**
- 7/ Are there any changes or adaptations I should make in my home or in my life because of my condition?**
- 8/ Are there changes in my diet or lifestyle that could help with my condition?**
- 9/ Is my condition genetic, and should I have my family tested?**

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