

The Top Five Questions to Ask Your Eye Doctor

Preparing ahead of time can help you best manage your vision health.

Here are some questions you can take along when you visit the eye doctor:

1. What tests will we be doing today, and do they include a dilated eye exam to check for diseases such as glaucoma and macular degeneration?
2. Is there anything about my medical or family history that puts me at higher risk for eye disease?
3. Are there symptoms to watch for and ways to monitor my eye health?
4. How often do you recommend I return for a comprehensive eye exam?
5. Are there lifestyle changes that might lower my risk?

Things to bring to your appointment:

- Your health insurance information and a photo ID
- Eyeglasses or contact lenses you currently wear
- Information on any history of eye disease in your family
- A list of your medications, allergies, and other conditions
- A notepad and pen, or digital device, to take notes
- A friend or relative to accompany you if possible

If You are Diagnosed with an Eye Disease

Take an active role in the understanding and treatment of your condition.

Here are some questions you can take to the doctor's office when you discuss your diagnosis.

- Am I likely to need medications or surgery, now or in the future?
- Do these medications have any side effects?
- Will insurance cover these treatments, or is financial assistance available?
- What symptoms should I watch for, and do I need to contact you about any right away?
- Should I be concerned about driving?
- How often will you check my eyes to make sure they are not getting worse?
- Could I benefit from low vision services—such as occupational therapy or technological aids—to help me use my remaining vision?
- Do you have any materials or other suggestions on how I can learn more about this disease?



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