



Getting Ready for your Eye Appointment

What to Bring

- Your glasses or contact lenses
- Your Medical Card
- Your ID
- List of your medications with dosages
- Sunglasses, if you have them
- Any questions you have for the doctor

What to Expect

- Your appointment will take about 2 hours.
- You will fill out paperwork.
- The eye doctor will ask you questions about your eye health.
- The eye doctor will examine your eyes and put drops in your eyes to dilate (open) your pupils.
- You will have to wait for about 30 minutes while the drops take effect.
- Your doctor will tell you if you need to be seen again for any eye problems.
- It is not advisable to drive a car for 2-4 hours after dilation. It will take several hours for the drops to wear off (for some people, it takes a couple of days to fully wear off).

How You May Feel

You may feel anxious before or during the exam. That's common!

- Bring a friend, relative, or supporter with you to the appointment.

You may feel dizzy or nauseous after the eye drops. That's normal!

- Sit down and have a glass of water until it passes.

It will be hard to read for 2-5 hours after the eye drops take effect.

Don't Forget!

- ü Tell the doctor if you're having problems with your eyes like blurred vision, seeing spots, pressure, or headaches.
- ü Ask if you need to make another appointment.