

# 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 doctor.

1. Am I at risk for developing an eye disease?
2. 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?
3. How should I best monitor my eye health?
4. How often do you recommend I return for a comprehensive eye exam?
5. Are there lifestyle changes I can make to prevent or reduce my risk of eye disease?

## 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 to write down key points
- 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 to ask your doctor 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 be watching for?
- ☐ 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 best use my remaining vision?
- ☐ Do you have any materials or other suggestions on how I can learn more about this disease?
- ☐ Is it safe for me to drive?



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