

Bring these items when you visit your eye doctor:

Your current glasses: Bring your current eye glasses with you. This will allow your doctor to evaluate the prescription and how well you are seeing with the glasses.

Issues List: Write down all eye issues, including injuries and surgeries as well as other health conditions such as headaches.

Paperwork: For your convenience we can mail or email the patient information forms to complete in advance.

Your current prescription: If you wear contacts that were prescribed elsewhere, bring the prescription. For corrective eyeglasses, your current pair should suffice. If you do not have a prescription for contacts, your former eye doctor should provide it.

A list of questions: Your eye doctor is there for guidance as well as an exam. Jot down all questions and don't be shy.

Primary Care Physician information: Carry the name and address of your primary care doctor. The symptoms of certain health issues, such as hypertension or diabetes, can be detected with an eye exam.

A list of medications: Make a list of all your medications and their dosages, and don't limit them to prescriptions. Include supplements, too. The medicines you take may affect your vision and knowing them will help your doctor diagnose conditions.

Sunglasses: The doctor may apply drops to dilate your pupils in order to examine the backs of your eyes. If so, bright light may cause discomfort or blurred vision.

Insurance Cards, Photo ID, and payment: Sometimes an exam will require an out-of-pocket expense, such as a co-pay, even if you have vision benefits. Bring a credit card, cash, your flexible spending account card or your health savings account information to cover any costs above your allowance.

Your planner: Schedule your next exam while you are there.