

My eye appointment

Write down what you want to get out of this visit. A relative, friend or interpreter can help you remember the conversation; ask the clinic what support is available.

Questions to discuss

- ☐ What has changed, when did it start, and is it one eye or both?
- ☐ Which activities are harder now? What matters most to me?
- ☐ Which medicines, eye drops, allergies and previous eye treatments should I mention?
- ☐ What happens next, when is my follow-up, and whom should I contact with concerns?

My notes and the plan agreed with my clinician

Appointment / follow-up date:

My eye-care team and urgent contact:

Seek help immediately for sudden loss of sight, a dark curtain or severe eye pain. After surgery, urgently contact your surgical team for worsening vision, increasing redness or pain. Do not wait for the next planned visit.

References: National Eye Institute: finding an eye doctor

<https://eyehealthguide.org/eye-care/routine-eye-exams/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

Cataracts

Arrange an eye examination if gradual blur or glare affects reading, driving or daily life. Discuss surgery when the cataract limits what you need to do; the decision depends on your eyes and priorities.

Questions to discuss

- ☐ How much of my vision change comes from the cataract?
- ☐ What improvement is realistic for my eyes?
- ☐ Which lens options fit my daily activities, and when will I still need glasses?
- ☐ What are my individual risks, follow-up plan and total costs?

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References: NHS - Cataracts in adults

<https://eyehealthguide.org/conditions/cataracts/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

Glaucoma

Keep your planned pressure, optic-nerve and visual-field checks, even if you see well. If you have been prescribed drops, use them as directed and discuss any difficulty with your eye-care team.

Questions to discuss

- ☐ What type of glaucoma do I have, and is it changing?
- ☐ What pressure range are we aiming for in each eye?
- ☐ Can you watch me use my drops and check the technique?
- ☐ When are my next nerve scans and visual-field tests?

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References: NHS - Glaucoma

<https://eyehealthguide.org/conditions/glaucoma/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

Age-related macular degeneration

Contact an eye-care professional urgently if straight lines newly look wavy or you develop a new central blur or blank spot. Keep scheduled reviews and follow your own monitoring plan.

Questions to discuss

- ☐ Do I have dry or wet AMD, and which eye is affected?
- ☐ Which changes should I report immediately, and to whom?
- ☐ Would treatment, specific supplements or low-vision support help in my case?
- ☐ How should I monitor my vision between appointments?

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References: NHS - Age-related macular degeneration

<https://eyehealthguide.org/conditions/macular-degeneration/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

Diabetic retinopathy

Attend diabetic eye screening or retinal examinations on the schedule recommended by your local service. Ask your diabetes team about your individual glucose, blood-pressure and cholesterol targets.

Questions to discuss

- ☐ What did the photographs or retinal examination show?
- ☐ Is there swelling at the macula or a need for treatment?
- ☐ When is my next screening or specialist appointment?
- ☐ Which new symptoms mean I should seek help before then?

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References: NHS - Diabetic retinopathy

<https://eyehealthguide.org/conditions/diabetic-retinopathy/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

Dry eye

Take regular screen breaks and reduce direct airflow or smoke exposure. Ask a pharmacist or eye-care professional which lubricating drops suit you. Persistent symptoms need an examination.

Questions to discuss

- ☐ Is the main problem tear production, evaporation, eyelids or another cause?
- ☐ Which drops should I use, how often, and are they suitable for contact lenses?
- ☐ Would lid care help, and can you show me how?
- ☐ When should we review whether treatment is working?

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References: NHS - Dry eyes

<https://eyehealthguide.org/conditions/dry-eye/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

Floaters and flashes

Seek urgent assessment for first-time or suddenly increasing floaters or flashes, especially with blurred vision. A dark curtain, shadow or sudden loss of sight needs immediate help.

Questions to discuss

- ☐ Was the whole retina examined after the pupil was dilated?
- ☐ Is there a retinal tear, detachment or another cause?
- ☐ Do I need another examination, and when?
- ☐ Which changes should bring me back immediately?

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References: NHS - Floaters and flashes in the eyes

<https://eyehealthguide.org/conditions/floaters-and-flashes/>

General information to discuss with your eye-care team. Follow the personal instructions they give you.

My cataract recovery plan

Complete this checklist with your surgical team before going home. Their discharge instructions take priority. Do not change prescribed medicines or invent a drop schedule from this sheet.

Questions to discuss

- ☐ Confirm the name, eye, dose, frequency and stop date for each eye drop. Ask about your usual medicines.
- ☐ Ask the team to demonstrate drops. Wash hands first and keep the bottle tip away from the eye, eyelashes and fingers.
- ☐ Record the team's advice about the eye shield, washing, lifting, swimming, work and driving. Arrange help and transport if needed.
- ☐ Write down your follow-up date and the daytime and out-of-hours contact numbers.

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References: Guy's and St Thomas': after cataract surgery

<https://eyehealthguide.org/treatments/cataract-surgery/>

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