



EYE EXAM CHECKLIST

1. Be prepared to ask your doctor questions.
 - a) For example, "what should I expect with a change in my Rx?"
2. If you wear glasses, bring your current pair(s) to your exam.
3. Tell your doctor, in detail, what you use your glasses for.
 - a) Things such as photo editing, watching TV/Sports/Etc from a distance, driving, viewing your phone etc
4. Ask for TRIAL FRAME/LENSES for each of the primary uses for your glasses. And ask your doctor to write your Rx for each of those uses.
5. Ask for your pupil distance number and lens material recommendation.
6. Get a hardcopy of your Rx with expiration date listed.