

# SMART SENIOR DAILY

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## *Guides*

## Your Annual Eye Exam Checklist

### What Every Senior Should Ask – and Bring

Use this checklist before, during, and after your next eye exam to make sure nothing important gets missed – especially conditions like glaucoma that often show no early symptoms.

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### Before Your Appointment

#### Bring these with you

- A list of all current medications  
(Including eye drops, over-the-counter meds, and supplements)
  - Your most recent glasses or contact lens prescription
  - A written family health history  
(Note if any parent, sibling, or close relative has had glaucoma, macular degeneration, or serious vision loss)
  - A list of vision changes you've noticed  
(Even small ones – trouble with night driving, side vision, glare, or frequent prescription changes)
  - Insurance card and referral (if required)
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## During the Exam

### Confirm these tests are included

- Comprehensive dilated eye exam  
(This is critical – dilation allows the doctor to see the optic nerve)
  - Eye pressure measurement  
(Ask what your number is and whether it's normal *for you*)
  - Optic nerve evaluation  
(Ask if there are any early signs of glaucoma or nerve damage)
  - Peripheral (side) vision testing  
(This is where glaucoma damage often shows up first)
  - Retina and macula check  
(Important for detecting age-related conditions)
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## Questions to Ask Your Eye Doctor

### Don't leave without answers

- Am I at higher risk for glaucoma? Why or why not?
  - Do my eye pressure or optic nerve results raise any concerns?
  - How often should *I* have a comprehensive eye exam?  
(Annual exams are often recommended for seniors – especially with risk factors)
  - Are there warning signs I should watch for between visits?
  - Do any of my medications affect my eye health?
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## If You're Diagnosed or Borderline

### Know your next steps

- What type of glaucoma or eye condition do I have?
- What treatment options are recommended right now?

- What happens if I delay treatment?
  - When should my next follow-up exam be scheduled?
  - Who should I call if symptoms suddenly worsen?
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## **Red Flags – Seek Care Immediately If You Notice:**

- Sudden eye pain or pressure
  - Severe headache with vision changes
  - Halos or rainbow rings around lights
  - Red eye with nausea or vomiting
  - Sudden blurred or lost vision
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## **After the Exam**

### **Before you walk out**

- You understand your results in plain language
  - You know when your next exam should be
  - You received written instructions for any treatments or drops
  - You know who to contact with questions or new symptoms
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### **Smart Senior Tip**

Many seniors assume, *“If I can see fine, my eyes must be fine.”*  
Glaucoma and other serious eye diseases often don’t work that way.

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### **Medical Disclaimer**

This checklist is for educational purposes only and does not replace professional medical advice. Always consult a qualified eye care provider for diagnosis and treatment decisions.