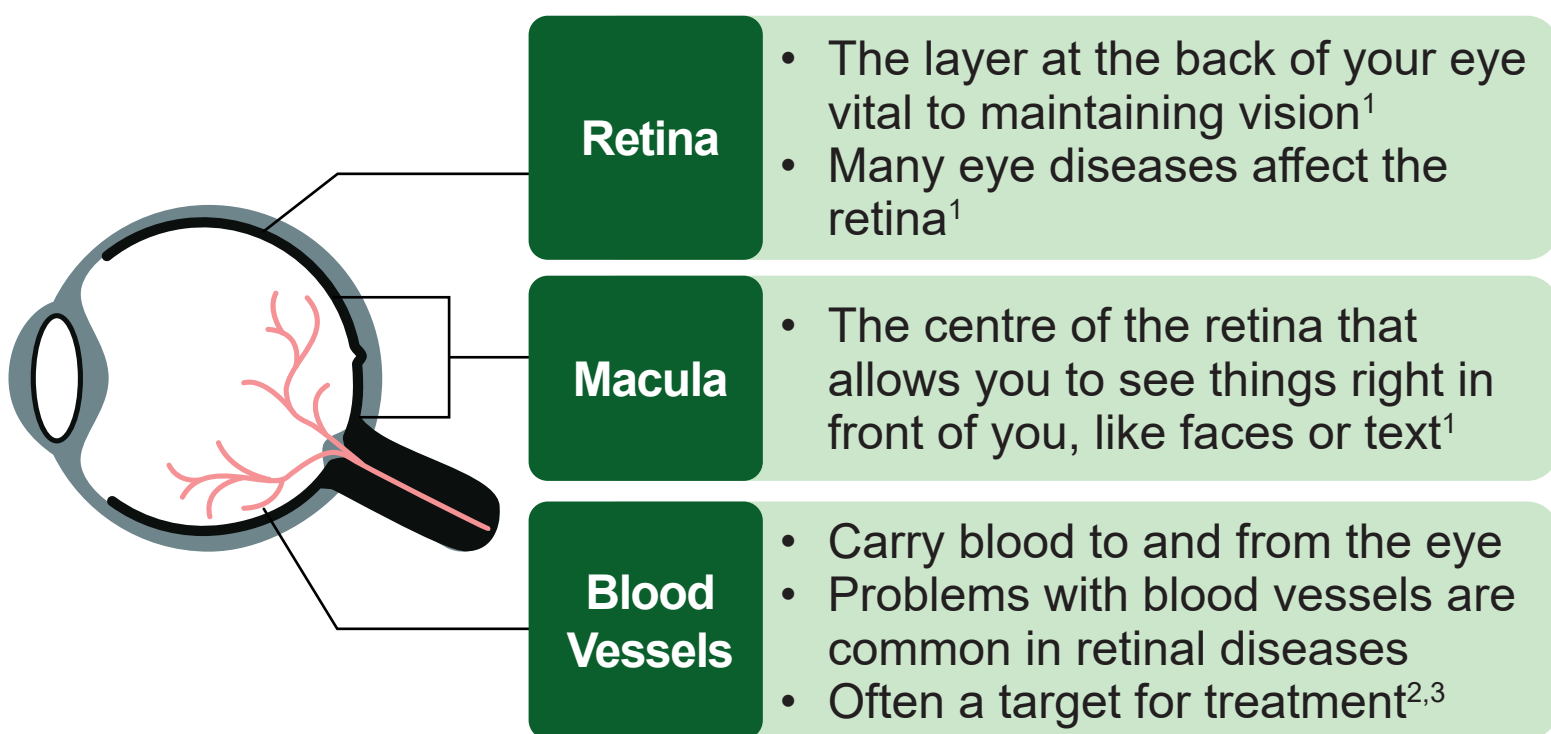


Preparing for Your Ophthalmologist Visit: A Quick Guide

You are receiving this pamphlet because your Optometrist is referring you to an Ophthalmologist with expertise in treating eye diseases of the retina. The reason you will be seeing the Ophthalmologist is:

It may help to know more about your eyes and vision before you see your Ophthalmologist.

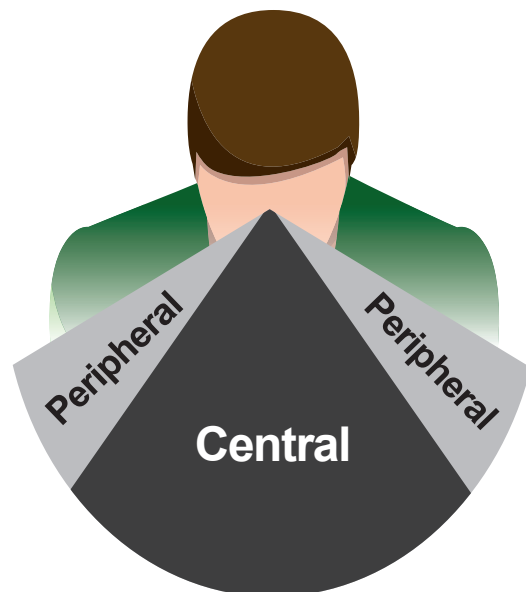


Central Vision

- The part of your vision that allows you to see what is right in front of you, like objects or faces⁴
- Needed for daily tasks (e.g., reading and driving)⁴

Peripheral Vision

- The part of your vision that helps you be aware of your surroundings and detect movement⁴



Frequently Asked Questions

How did I get an eye disease?

There are many factors that can increase the chances of a person developing certain eye diseases, including:^{5,6}



Age



Having high blood pressure or high cholesterol



Smoking



Family history



Having a diagnosis of diabetes

What will happen to my vision?

The impact of your eye disease on your vision will depend on many things, including how severe your condition is and your commitment to the treatment plan that your Ophthalmologist prescribes you.

Not all eye diseases cause blindness, but if left untreated, diseases affecting the retina can cause vision loss.² These include:

DME

Diabetic Macular Edema⁷

DR

Diabetic Retinopathy⁶

AMD

Age-Related Macular Degeneration²

RVO

Retinal Vein Occlusion

The good news is that the eye diseases mentioned above have effective treatment options.^{2,3,7} If you follow your prescribed treatment plan, you can improve your vision and slow further vision loss. The treatment options have the potential to cause side effects and may not be suitable for everyone.

What should I bring to the appointment?



Bring a list of all the eye drops you use and the medications you are currently taking.



Your provincial/territorial health card



Your glasses, if you use them for distance



If the clinic allows, you may find it helpful to have a support person who can help with:

- Taking notes and asking questions
- Translating, if needed
- Driving you home, as your vision may be blurry⁸

What can I expect at the appointment?

- Both of your eyes will likely be dilated, which will make your vision blurry for a few hours (you will be given eye drops to help your Ophthalmologist see inside your eye).⁸
- You will likely have several eye tests.⁸
- Your Ophthalmologist will determine if you need treatment. The clinic will let you know when the treatment will be scheduled for.
- Your appointment may last several hours depending on the clinic.

Will the treatment hurt?

Your Ophthalmologist will explain your treatment in detail. There may be certain steps that are uncomfortable.

Will I still continue to see my Optometrist?

Yes, your Optometrist will still be your primary eye care doctor and will continue to care for you alongside your Ophthalmologist. Depending on your condition, the timeframe between your Ophthalmologist appointment and your next Optometrist visit will vary.

Is there anything else I can do to help improve my eye health?

There are things you can do to promote good eye health depending on your condition. This can include:^{6,9}



Follow the guidance from your eye doctor on how often you need to have eye exams.



If you are receiving treatment for your condition, be sure to attend all treatment appointments.



Maintain healthy blood pressure and cholesterol levels. Talk to your doctor about how often these should be monitored.



If you smoke, cut back, or stop if you can. Ask your family doctor for help if you need it.



If you have diabetes, follow your diabetes management plan and take any medications as prescribed.

1. "Parts of the Eye", National Eye Institute, accessed September 6, 2023, <https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/about-eye>
2. "Age-Related Macular Degeneration", Fighting Blindness Canada, accessed September 6, 2023, <https://www.fightingblindness.ca/eyehealth/eye-diseases/age-related-macular-degeneration>
3. "Diabetic Retinopathy: Diagnosis", Mayo Clinic, accessed September 6, 2023, <https://www.mayoclinic.org/diseases-conditions/diabetic-retinopathy/diagnosis-treatment/drc-20371617>
4. "Peripheral Vision", Cleveland Clinic, accessed September 6, 2023, <https://my.clevelandclinic.org/health/articles/25039-peripheral-vision>
5. "Retinal Diseases", Mayo Clinic, accessed September 6, 2023, <https://www.mayoclinic.org/diseases-conditions/retinal-diseases/symptoms-causes/syc-20355825>
6. "Diabetic Retinopathy: Overview", Mayo Clinic, accessed September 6, 2023, <https://www.mayoclinic.org/diseases-conditions/diabetic-retinopathy/symptoms-causes/syc-20371611>
7. "Macular Edema", National Eye Institute, accessed September 6, 2023, <https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/macular-edema#:~:text=Macular%20edema%20happens%20when%20blood,loss%20in%20people%20with%20diabetes>
8. "Get a Dilated Eye Exam", National Eye Institute, accessed September 6, 2023, <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/get-dilated-eye-exam>
9. "Keep Your Eyes Healthy", National Eye Institute, accessed September 6, 2023, <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

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