

Tips for Talking to Your Doctor



Why should I have another dilated eye exam? I had one last year...



Because it's the only way to know if you have glaucoma.

You should be active in the care of your eyes. You and your doctor can work together to keep your vision healthy. Good communication is the key to this relationship.

How can I talk to my doctor about glaucoma?

- Ask questions. It's the best way to learn how to take care of your sight.
- Review the sample questions you can ask your doctor that are included in this handout. Take this handout to your appointment so you know what to ask.



Check off each question you've asked your doctor.

Questions about my eye disease or condition

- What eye disease or condition do I have?
- What caused it?
- How will this affect my vision now and in the future?

Questions about contacting my doctor

- Should I watch for any particular symptoms?
- When should I notify you if they occur?
- How can I take care of my eyes?
- Where should I go if I have an emergency?

Questions about my tests

- What kinds of tests will I need?
- When should I have these tests done?
- Do I have to do anything special to prepare for any of the tests?
- What do you expect to find out from these tests?
- When will I know the results?
- Do these tests have any side effects or risks?
- Will I need more tests later?

Questions about treatment

- What is the treatment for my condition?
- Are there other types of treatment?
- What is the best treatment and why?
- What are the benefits of this treatment, and how successful is it?
- What are the risks and side effects associated with this treatment?

Questions about treatment (continued)

- When will I start my treatment?
- How long will my treatment last?
- Should I follow a schedule for my treatment?
- Are there foods, drugs, or activities I should avoid while I'm on this treatment?
- If my treatment includes taking medication, what should I do if I miss a dose?

What else should I do?

Be sure you understand your doctor's answers. If you don't understand, ask questions until you do. Here are additional tips when talking with your doctor:

- Ask your doctor to write down all of your instructions. Repeat what your doctor said to make sure you understood everything.
- If you have an eye disease, ask for brochures to learn more about your condition.
- If you still have questions, ask where you can get more information.
- Remember you can also ask your nurse or pharmacist about your eye condition or treatment.

Use the below area to take notes or ask a friend or family member to help you take notes.

Where to find more information:

Visit www.nei.nih.gov/glaucoma.

You will find the following resources:

- Tips for keeping your vision healthy
- Financial assistance for eye care
- Information on comprehensive dilated eye exams
- Glossary
- Additional information about glaucoma