

# Optometrist

Optometrists help you to see things clearer and keep your eyes healthy.



## What can optometry help with?

- Checking your eye health
- Accessing glasses
- Cataracts and other eye conditions
- Diabetic eye checks (retinopathy)
- Referral to see eye health specialist (e.g. ophthalmologist)
- Answer any questions about your eyes

## When should I see an optometrist?

If you notice:

- any changes to your vision
- headaches when you read or use a computer
- watery eyes or dry eyes

Otherwise:

- Adults - every 2 years
- People with diabetes – every year
- Children - full eye check when they start school or if they are having trouble with early learning.

## How can I see an optometrist?

Contact your local clinic to make an appointment for an eye test.

## What will happen when I see an optometrist?

The optometrist will talk to you about your vision and carry out some simple tests such as:

- Vision and glasses check
- Eye Health check

Please make sure you bring your glasses and any eye drops that you use to your appointment.

If you have diabetes we may need to use eye drops during your test to get a clearer look. The eye drops might make your vision blurry for a few hours, so it is best not to drive for a few hours afterwards. Let the receptionist know if you need to talk about transport. Remember to bring your sunglasses as your eyes will be sensitive to the light afterwards.

## Your local clinic:



For more information visit [www.iuih.org.au](http://www.iuih.org.au)