

# Preparing for Your Retina Appointment

The American Society of Retina Specialists (ASRS) has developed this guide to help you prepare for your appointment with your retina specialist.



## About Your Retina Appointment

A retina exam is more extensive than a routine eye exam that you would receive from your general ophthalmologist or optometrist. Your initial visit may take anywhere from 2-4 hours, but will depend on what diagnostic tests your retina specialist deems necessary based on your clinical condition.

When your appointment begins, you will be asked about your complete medical history and also any medications you may be taking.

Next, your eyes will be examined, including a vision check, an eye pressure check, and external examination. Then you will receive your dilated retina exam to see the back of your eye (retina). Following your dilated retina exam, your doctor may perform diagnostic testing. Based on the diagnostic testing and exam, your retina specialist may be able to treat you in the office during the visit.

## Common Conditions and Diseases Treated by Retina Specialists

- ✓ Diabetic Retinopathy
- ✓ Age-related Macular Degeneration (AMD)
- ✓ Macular Hole/Pucker
- ✓ Retinal Detachment

**Helpful Tip** If possible, bring someone to your appointment that will be able to drive you home since your eyes will be dilated from your examination. You may notice temporary sensitivity to bright sunlight following your appointment.



## What to Bring to Your Appointment

- ✓ Your medical history (eg, hypertension, diabetes, stroke, etc.) and past surgeries
- ✓ Your family medical history
- ✓ Referring doctor's name and contact information
- ✓ Referring doctor's reason for referral
- ✓ Your complete list of medications

Find **YOUR Retina Specialist**  
at [asrs.org/find-a-specialist](https://asrs.org/find-a-specialist)

Being informed is key to maintaining good retina health. These are questions you may want to ask your retina specialist to better understand and care for your retinal condition.

## General Questions

What is my retinal condition called?

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How will everyday life be impacted by my disease?

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What can I do to prevent future vision loss?

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What treatments are available for my condition?

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How often do I have to see my retina specialist for check-ups?

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## Macular Hole/Pucker/Retinal Detachment

Will my condition require surgery?

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How urgent is the treatment?

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What is the expected outcome?

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## AMD

Do I have “wet” or “dry” macular degeneration?

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What stage is my AMD — early, intermediate, or advanced?

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Should I be taking vitamins or supplements to help with my retinal condition?

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## Diabetic Retinopathy

Can the progression of diabetic retinopathy be slowed?

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What options are available to recover vision loss as a result of diabetic retinopathy?

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## Other Questions You May Have

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