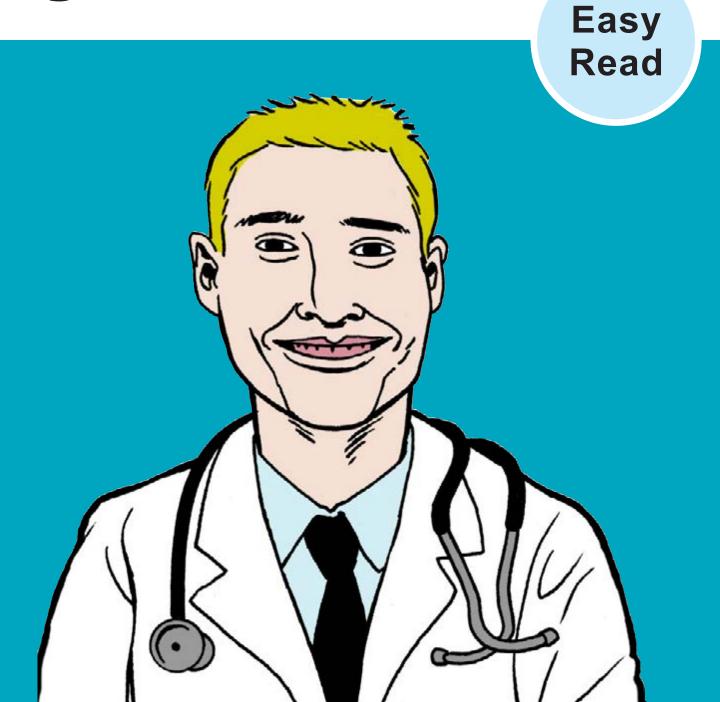
RNIB

See differently

Seeing the eye doctor









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About this easy read booklet

This easy read booklet is about seeing the eye doctor.

You can find out about:

- how to get ready for your appointment.
- going to the hospital.



This booklet is from Royal National Institute of Blind People (RNIB).



RNIB is a charity that helps anyone who is worried about their eyes.







Seeing the eye doctor

If there may be a problem with your eyes, your doctor or optician (the person who tests your eyes) might ask you to see the eye doctor.

Eye doctors normally work in hospitals and their job is to help you if you have a problem with your eyes.

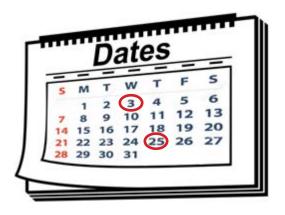
Before your appointment

You will get a letter about your appointment with the eye doctor. You should keep it safe.



Your appointment letter will tell you:

- Where to go.
- Who you will meet.
- What date and time your appointment is.



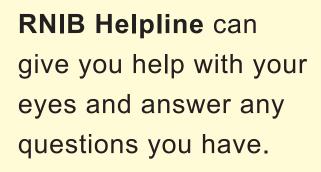
You might need to wait some time before the date of your appointment.

RNIB

See differently

You can get help and information about your eyes from RNIB.





You can call the RNIB Helpline on **0303 123 9999**.

We are open:

Monday to Friday, 8am to 8pm

Saturday, 9am to 1pm

You can also get help from RNIB by email.

Email helpline@rnib.org.uk







Or say, "Alexa, call RNIB Helpline" if you have an Alexa.



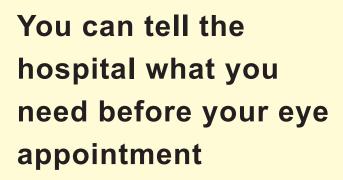
You can ask someone to come with you to your appointment.

It should be someone you trust.



You could ask a family member, friend, or your support worker.





It is a good idea to tell the hospital before your appointment about what might make your appointment better.



You can call the hospital on the number on your hospital appointment letter.



You can ask someone you trust to help you, such as a family member or support worker.









You should tell them:

- If you find it harder to hear.
- If you need information another way, such as easy read or large print.
- If a longer appointment would help. You might take longer to do the tests.
- How you prefer to communicate.
- What things make you worried.





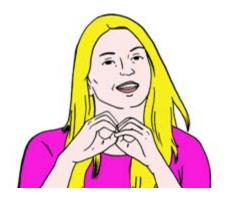


 If you would prefer not to wait in the waiting room.

If you would like
 to visit the eye
 clinic before your
 appointment so you
 can get used to what
 it is like there.

You should tell the hospital if you need:

An interpreter
 (person who
 translates what the
 eye doctor is saying
 into your preferred
 language).









They can help if English is not your first language, or if you use sign language.

- Help travelling to your appointment.
- Help getting around the hospital.

If you wear contact lenses, it is a good idea to ask the hospital if you should wear them to your appointment.

You can also ask the hospital if there is anyone at the hospital who can help you.









What to take with you

You can use this checklist to remember what to take to your appointment.

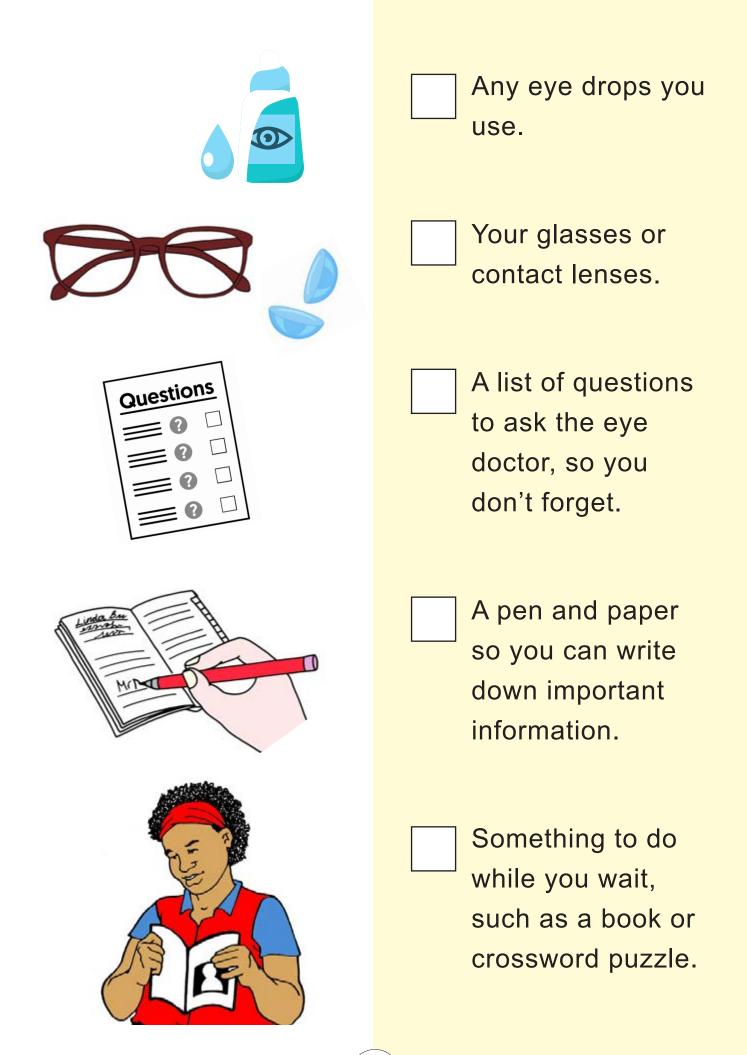
You should take:

Your appointment
letter.

Any other letters
you have about
your eyes.

Your health
passport if you have
one.

A list of medicine
you take, even if it
is not for your eyes.











What to do when you arrive

When you get to the hospital you need to tell them you have arrived.

Go to the reception desk and talk to the receptionist (the person who helps visitors).

You can also show them your appointment letter.

It is a good idea to remind them if you need any help.



The receptionist will tell you where to go for your appointment.

You can ask them for directions, or if someone can guide you there.



Meeting the eye doctor

The eye doctor will talk to you about your eyes and ask you questions.



This is so that they can decide if there is a problem with your eyes.







You can get ready by thinking about what you will say. You can tell the eye doctor:

- If anyone in your family has a problem with their eyes.
- If you have had any eye problems before.
- If you smoke.
- Any symptoms
 (signs something is the matter) you have noticed with your eyes.
- When you noticed the symptoms.

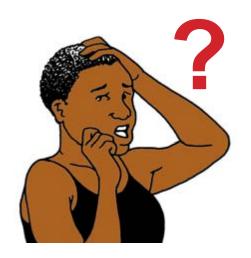


It can be helpful to have health information written down. You can ask the eye doctor to send you a letter about what happened at your eye appointment.



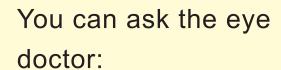
You can ask the eye doctor questions

It is normal to have questions about your eyes.



If the eye doctor says something you don't understand, it is important to tell them. You can ask them to explain it in a different way.





- What is the matter with my eyes?
- What happens next?
- Do I need any treatment?



What to do if you need more help

You can call the RNIB Helpline on **0303 123 9999** for help and advice about your eyes.



You can also get help by email at helpline@rnib.org.uk.





RNIB also has an easy read guide to what happens after your eye appointment. You can find out about what will happen and where you can get more help.

Visit rnib.org.uk/waiting

This Easy Read document was designed by Royal National Institute of Blind People (RNIB)

www.rnib.org.uk

A registered charity in England and Wales (226227) and Scotland (SC039316). Also operating in Northern Ireland. A company incorporated in England and Wales by Royal Charter (RC000500). Registered office: The Grimaldi Building, 154a Pentonville Road, London N1 9JE.

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