

Getting an Eye Exam at the Doctor's Office

Series 1

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When we go to the doctor's office for a check-up, sometimes the doctor will examine my eyes. This is called an eye exam. Eye exams help make sure my eyes are healthy and that I can see clearly. Many people get eye exams, even if they already wear glasses.



When it's time for the eye exam, a nurse or doctor will bring me into a quiet room. The doctor may ask me to sit in a chair and look at some special pictures or letters on the wall or on a screen.

The doctor might say, "Tell me what you see." I can try my best to name the letters, numbers, or pictures. If I don't know an answer, it's okay to say, "I'm not sure."



Sometimes, the doctor will cover one of my eyes with a little paddle or with their hand. This helps the doctor see how each eye works on its own. We might take turns covering my right eye and then my left eye.



The doctor may also use a small light to look at my eyes.
The light may feel a little bright, but it doesn't hurt.
The doctor might ask me to follow the light with my eyes.
I can try to do what they ask.



The eye exam might also include looking at a special machine with colorful lights or shapes. The doctor might ask me to rest my chin on a little stand to help keep my head still. I can sit as still during this part.

If I feel nervous or worried, I can tell a grown-up I trust.

- I can say, “I feel nervous,” or “Can I have a break?”
- Taking a deep breath or holding someone’s hand can help me feel better.



If the doctor finds that I need glasses to help me see better, they will let me and my grown-ups know. Glasses can make things look clearer and help me feel more comfortable at school and at home.

We get eye exams so we can keep our eyes healthy.



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