



# LET'S TALK ABOUT DRY EYE

## SCHEDULE A TELEHEALTH APPOINTMENT

During your virtual dry eye consultation, you can use this form to help guide your conversation about dry eye disease, your current treatment, and if it's time for a prescription. You can also bring this form to any follow-up appointments with an eye doctor.

**BEFORE YOUR TELEHEALTH APPT:** Fill out the questionnaire below to help describe your dry eye experience. Make sure your camera is on, you're not muted, and that you're sitting in good light.

**01: How are your eyes feeling?** *Select all that apply.*

☐

Achy

☐

Itchy

☐

Gritty

☐

Burning

**Other:**

Describe your symptoms

**02: At what times are your eyes the most uncomfortable?**

Watching TV, reading, on the computer, outdoors, etc.

**03: List what over-the-counter eye drops, prescriptions, or other treatments you are using and their frequency.**

**Brand name:**

Name

**How often:**

Frequency

**Brand name:**

Name

**How often:**

Frequency

**Other treatments:**

Name

**How often:**

Frequency

**04: Write down your goals for this dry eye consultation and any other questions you may have:**

What would make this Teleheath visit a success?

**DURING YOUR TELEHEALTH APPT:** Ask the questions below. Write down the answers as you learn about dry eye disease and if a prescription treatment can help.

**05: What may be causing my dry eye symptoms?**

Answer

**06: Is a prescription treatment right for me?**

Answer

**AFTER YOUR TELEHEALTH APPT:** You can fill out the information below to help you schedule a follow-up visit with an eye doctor in person.

**Eye doctor referral:**


Contact information

**My pharmacy:**

Contact information

**Other follow-up information:**

Things to ask in a follow-up appointment

 Click the "share" icon in your browser below to save this form. Discuss with your local eye doctor if a follow-up appointment is necessary.