

Sankalp Nethralaya
Eye care, Bengaluru

What to bring to your eye appointment

A short checklist to make your visit quick and complete.

Bring with you

- [ ] Your current glasses, contact lenses and lens case
- [ ] Old prescriptions, eye reports and discharge summaries
- [ ] A list of all medicines you take, including eye drops, blood thinners and diabetes medicines
- [ ] Your insurance or TPA card and a photo ID, if using insurance
- [ ] Sunglasses, as dilating drops can make you sensitive to light

Plan ahead

- [ ] Allow about an hour, longer if your pupils are dilated
- [ ] Bring someone to accompany you. Do not drive after dilating drops.
- [ ] If you wear contact lenses, ask us whether to stop wearing them before the visit
- [ ] Note down your symptoms and questions
- [ ] Tell us if you need wheelchair access or help reading forms

Questions? Call your clinic.
HSR Layout: 080 2258 0466 | Hosa Road: 080 2573 5556 | Banaswadi: 70229 74777
This is general guidance and does not replace your surgeon's instructions. For sudden loss of vision, severe pain or an eye injury, seek emergency care immediately.