

SHOPKO OPTICAL SYMPTOM LOG

Sometimes it can be difficult to remember to ask your optometrist about specific vision issues if you do not write them down. You can use this tracker to log essential information about your vision and eye health. Then, bring it to your eye appointment to ensure all your vision concerns can be addressed.

VISION SYMPTOMS

Possibilities may include:

- Headaches
- Light sensitivity
- Bump or lump on eye
- Eye pain
- Blurred vision
- Poor depth perception
- Dark spots
- Reduced vision
- Dry eyes
- Redness
- Discharge
- Double vision
- Eye fatigue
- Swelling
- Floaters
- Itchiness or irritation

SYMPTOM	DATE	TIME	NOTES

CURRENT MEDICATIONS & SUPPLEMENTS

Both over-the-counter and prescription medications can have effects on your eyesight.

_____	_____
(name)	(dosage)
_____	_____
(name)	(dosage)
_____	_____
(name)	(dosage)
_____	_____
(name)	(dosage)

FAMILY EYE HISTORY

Many eye conditions can be hereditary. Identifying which eye diseases run in your family will help your optometrist determine your risks for these conditions.

_____	_____
(condition)	(relation)
_____	_____
(condition)	(relation)
_____	_____
(condition)	(relation)
_____	_____
(condition)	(relation)

ANY QUESTIONS FOR US?

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DAY OF APPOINTMENT CHECKLIST

- Glasses
- I.D.
- Frame Wishlist
- Contact Lenses
- Insurance Card
- This Sheet

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