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**FEW THINGS YOU DON'T WANT TO  
DO BEFORE AN EYE EXAM**



**Getting your eyes examined regularly is a crucial part of maintaining good eye health. Some people do this every year, and others every few years. Before you schedule your next appointment, here are some things you shouldn't do before an eye exam in North York:**

### **Don't Overexert Your Eyes:**

**Before your eye exam, get plenty of sleep to reduce fatigue. The less tired you are during the exam, the easier it will be to read charts and track moving objects.**





**Digital eye strain, also known as computer vision syndrome, is a growing problem among people who spend a lot of time on their cell phones or computers. Digital eye strain can lead to eye fatigue. We recommend limiting time spent on digital devices before an eye exam. Early morning appointments are a great choice for patients who rely on digital technology as part of their jobs or studies.**





## Don't Forget Your Glasses and Contacts:

Bring your eyeglasses and contact lenses to the exam so we can test them against any changes that may have occurred in your prescription, as human eyes can change significantly over time.





**Don't forget to bring sunglasses when you see the eye doctor. The optometrist will dilate your pupils during a comprehensive eye exam. After the exam, you'll probably be sensitive to bright lights for up to six hours, so don't forget to bring a pair of sunglasses with you when you come in for your appointment.**

### **Don't Drink Coffee or Alcohol:**

**We all know coffee gives us a boost in the morning. But those caffeine jolts can raise blood pressure—and that's not good for your eyes. Make sure your annual eye exam is accurate by avoiding caffeine before your appointment.**

**Because alcohol consumption can cause your blood pressure to rise and may make your eyes feel dry or irritated, it is important not to drink heavily the night before an eye exam.**



## Don't Forget Your Insurance Information:

**You'll want to bring your insurance card with you when you come in for an eye exam. It's the easiest way to ensure that we can charge your appointment appropriately, and it will save you time at the front desk. If you find yourself forgetting the card, take a picture of it on your phone and keep it there!**

**If you're ready for an [eye exam in North York](#), schedule yours today at Eyecare Showroom! Book an eye exam at any of our two locations.**



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