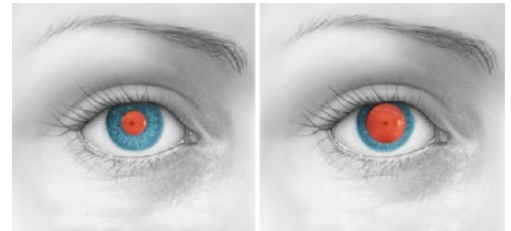


About Dilation

Simply Optometry provides comprehensive eye care, which means checking both your vision and your eye health. Performing a *dilated eye exam allows us to assess your internal eye health.*

What is a Dilation?

A dilation is a procedure in which *we use eye drops to enlarge the pupils.* This allows us to have a better view inside of the eyes to detect problems that we may not be able to see otherwise.



An undilated pupil on the left versus a dilated pupil on the right

The eye drops require about *15-20 minutes* to reach their full effect, and your eyes may remain dilated for *up to 4-6 hours.* While your pupils are dilated, you may experience *blurred vision and light sensitivity.* It is never recommended that you drive while your eyes are dilated, and if you must be outdoors, tinted glasses with UV protection is required.

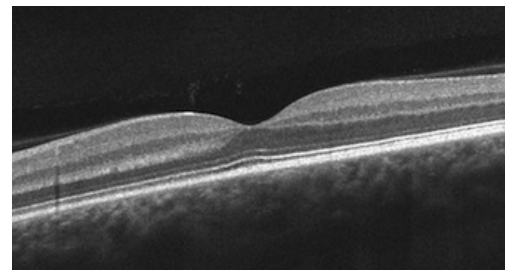
Who Needs a Dilation?

All patients are recommended to have a dilation at their first visit and every 1-2 years after that. Anybody with diabetes or other high-risk health conditions generally may need to be dilated more often than that. A dilation may be required to determine the cause of certain symptoms, such as floating spots in your vision, visual light flashes, blurry vision, or headaches.

If you're interested in learning more, please visit www.simplyoptometry.com/dilation

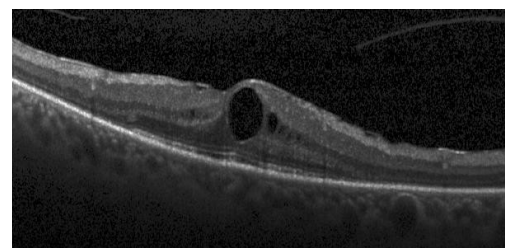
iWellness Screening

The iWellness Screening is a brief scan with our Optical Coherence Tomographer (OCT) that allows us to quickly analyze a **cross sectional image of the central retina and optic nerve.** This scan immediately shows and analyzes any abnormalities in these important areas. This technology helps us go beyond dilated eye exams and helps us to see the tissues in the eye at a microscopic level.



An OCT image showing a healthy central retina

As a screening exam, the iWellness exam is optional and not covered under insurance. Our doctors recommend having the scan repeated every 1-2 years depending on your age and risk factors for eye disease. **The fee for the iWellness exam is \$15.00** and adds less than 5 minutes to the duration of your comprehensive eye exam. The iWellness screening must be completed on the same day of your comprehensive eye exam.



An OCT image showing a central retina damaged by diabetes

This screening is available to all patients. We encourage everybody to get screened with this amazing new technology!

Learn more about iWellness and OCT at www.simplyoptometry.com/oct

Dilation and iWellness Consent

By signing below, I acknowledge that I have read the information regarding dilation and am making an informed decision regarding the dilation procedure. Furthermore, I attest that I fully understand and take responsibility for the risks of having or not having the dilation procedure. If I have chosen to schedule my dilation for a later date, I understand that it is my responsibility to do so and am assuming all risks of deferring the procedure.

Additionally, I understand that potentially blinding or deadly eye disease may be undetected without the iWellness screening. I hold the staff and doctors at Simply Optometry harmless for any eye disease that would otherwise have been detected with iWellness. I acknowledge that I have read and understood the iWellness Screening handout.

Please mark your choice regarding dilation below:

- Yes, I would like to have my eyes dilated today.
 - No, I decline the dilation.
 - I would like to schedule my dilation for a later date.
-

Please mark your choice regarding iWellness below:

- YES, I'd like to proceed with the iWellness screening exam as recommended by my doctors
- NO, I'd like decline the iWellness screening exam and understand the risk of doing so

Signature of Patient or Guardian/Representative

Date