Get ready for your fitting visit

Fitting visits are short, and it's easy to forget the thing that's been bugging you all month. Tick what's been happening, keep a short log, and bring this sheet or send it to your fitter.

Remove the lens and call your eye doctor today if you have

- Sudden or severe eye pain
- Vision that gets worse and doesn't clear when the lens is out
- New sensitivity to light
- Yellow or green discharge
- Redness that is getting worse quickly
- Burning or stinging right after insertion that doesn't stop when the lens comes out

Don't put the lens back in. Keep it in its case to show your eye doctor. If you can't reach them, go to urgent care or an emergency room. Don't wait for your next visit.

1 Your visit

Visit date

Hours worn a day

Your lenses, if you know (design, coating, age)

The one thing you most want sorted out

2 What's been happening?

Tick everything that applies, then add the details your fitter will want: which eye, how often (every day, most days, a few times a week, now and then, or once), and when it starts or what helps.

Problem	Which eye	How often	Starts after (hours), what helps, other details
☐ **Fogging** Cloudy or hazy vision that builds during the day.			
☐ **Blur later in the day** Clear at first, then blurry after some hours.			
☐ **Redness** Red or bloodshot eyes while wearing or after.			
☐ **Red ring after removal** A ring or mark where the lens edge rested.			
☐ **Discomfort or lens awareness** You can feel the lens, or it aches or scratches.			
☐ **Halos, glare or ghosting** Rings around lights, double edges, night trouble.			
☐ **Trouble putting lenses in** Blinking, slipping lids, spills, or it takes ages.			
☐ **Trouble taking lenses out** Stuck, suctioned on, or the plunger won't grip.			
☐ **Bubbles under the lens** A dark ring or shadow, or a bubble you can see.			
☐ **Dryness** Gritty or tired eyes, or smeary vision.			
☐ **Lens pops out** It falls out or shifts when you blink or look around.			
☐ **Cost or insurance** Fees, replacements, coverage, HSA or FSA.			
☐ **Supplies questions** Saline, cleaners, drops, cases, plungers.			
☐ **Something else** Anything not on this list.			

3 Your log

A few days of notes beat a vague memory. Fill in one line a day in the week or two before your visit. Leave anything blank that doesn't apply.

Date	Hours worn	Symptom started	Fill used	Notes: what happened, what helped

4 Questions for your fitter

What I want to ask

Before you go

Wear your lenses to the appointment? Usually, yes, often for several hours beforehand so your fitter can see how the lens has settled. Ask when you book.

Bring: your lenses (in, unless told otherwise), your case and products, your backup glasses, a list of any eye drops or medicines, and this sheet.

This sheet helps you describe what's going on. It doesn't diagnose anything: your fitter knows your eyes and lenses best.