



# POPDB

BC Provincial Outreach Program  
for Students with Deafblindness

## Preparing for Eye Doctor / Eye Medical Appointments at BC Children's Hospital

Here are some ways to be prepared for your appointments:

- You have probably waited a long time for the appointment – you want to be relaxed, so that your child can participate as much as possible.
- Call in advance to confirm your appointment.
- Plan your time carefully, try not to rush.
- Bring your child's current glasses.
- Bring sunglasses for your child to wear home in case they get eye drops that dilate their pupils.
- Bring a list of your child's medications.
- Plan for three to four hours for appointments, especially at Children's Hospital. Emergencies happen and often the doctors are called away with a moment's notice, so you may need to wait. If you do have other appointments on the same day, be sure to tell the receptionists when you arrive of your timelines so that everyone is aware.
- If you have other appointments on the same day plan them with lots of time in between.
- If the Doctor's office called with a time, and you would like a different time, it is permissible to ask for a different one, remembering that the doctors do not work in the clinic each day of week.
- Plan for parking – you don't want to leave to put more money in the meter just as the doctor is ready for you.
- Plan by bringing food, games, diapers, books, etc. for the appointment (although you may not want to bring food in case your child needs to fast for a test later that day).
- **Bringing someone with you to take notes is very helpful.**
- Prepare questions in advance, **no question is unimportant.** Doctors do not tend to think about the questions that you may have. Ask your questions directly. Doctors will answer any questions. Write down their answers, even if you do not understand the full answer. Do not worry about taking up too much time.
- If appropriate, encourage your child to be involved in their eye examination and prepare / ask questions themselves
- If the doctor has an assistant, resident, or a fellow – it is permissible to ask your questions of that person. They often relay the questions to the doctor. Often when there is a resident, the doctor may spend more time with your child explaining things to the resident and you. This is usually a good thing as the Doctor may expand upon their thinking.
- Often the doctor may not have answers to your questions. This is not their fault or an indication that they are not interested. They may be puzzled and need more information before saying anything. The "more information" may be in the form of extra tests, seeing another doctor, etc. This is to help the doctor. **It can be frustrating not to get answers.** However, the doctor is trying to figure things out. Typically, going to the doctor regularly helps the doctor learn more about your child.