

Sight Matters

FAQ Sheets

How Regular is “Regular Eyecare”?

“How Often Should I . . .”

As optometrists, one of the most common questions we hear is “How often should I have....?”

Individual situations vary and you should always follow the advice from your own optometrist, given after they have examined your eyes. However, this general summary can be helpful:

“ . . . have my eyes examined?”

- Every 24 months for most patients.
- Every 12 months for children wearing spectacles.
- Every 36 months years for adults not wearing a correction and under 40 years.
- Every 12 months for those over 70 years.

“ . . . have my child’s eyes examined?”

- Before the age of 3 years.
- Every 12 months if wearing a correction.
- Every 36 months if not wearing a correction.

“ . . . have a glaucoma test?”

- Every 24 months for patients over 40 years.

“ . . . have an eye check as a diabetic?”

- Depending on the individual, but every 24 months, as a minimum.



“ . . . have a contact lens check-up?”

- Every 6 months if your use extended-wear lenses.
- Every 12 months for all other contact lens types.

ROUTINE EYE EXAMINATIONS				
	6 mths	1 yr	2 yrs	3 yrs
Children:				
Not wearing Rx				●
Wearing Rx		●		
Adults under 40:				
Not wearing Rx				●
Wearing Rx			●	
Adults over 40:				
Not wearing Rx			●	
Wearing Rx			●	
Adults over 70:				
Not wearing Rx		●		
Wearing Rx		●		
Diabetics:				
	●	●	●	
Contact Lenses:				
Overnight wear	●			
Other types		●		

Remember

Your optometrist will advise you of the interval between visits which is appropriate for your vision and eye health needs. This time does vary for different situations, so most optometrists will contact their patients when the next routine check is due. Changes in vision and eye health are often quite slow and subtle, and can easily go unnoticed if not checked regularly.

Of course, you can always make an appointment to return at any earlier time if you have another visual need or concern that arises.