Trois cliniques au Marché Central
Médecine · Ophtalmologie · Réadaptation

Oculéa
Clinique d'ophtalmologie

PATIENT INFORMATION
ENGLISH

Your first consultation

How to prepare for your appointment

Prepare for your visit with the ophthalmologist by following these instructions. Any specific instructions from your care team take priority.

What to bring

• Your valid health insurance card and your referral, if you have a copy.
• Any previous eye examination reports you have.
• An up-to-date list of your medications, including your eye drops.
• Your reading and distance glasses, as well as sunglasses.

Food and medications

You generally do not need to fast for a routine consultation. Eat normally and take your medications and eye drops as prescribed, unless your healthcare professional tells you otherwise.

Contact lenses

Bring your glasses, contact lens case and cleaning solution: you may need to remove your lenses for some tests. If you need to stop wearing them before a particular test, the team will tell you how long in advance.

Pupil dilation and getting home

Eye drops may be used to examine the back of your eyes. They can cause blurred vision and increased sensitivity to light for several hours, often four to six hours.

Arrange for someone to accompany you or for a ride home without driving yourself. After dilation, follow the team's instructions and do not drive until your vision has returned to normal.

Information to share with the team

Write down your symptoms, when they started and any questions you have. Tell the team about your allergies, previous reactions to eye drops, eye conditions or operations, and any family history of eye disease.

Before any drops are given, also tell the team if you are pregnant or are being treated for glaucoma.

Allow enough time

Your visit may include several tests and a wait for eye drops to take effect. The length of your visit depends on your needs, so avoid scheduling another commitment immediately afterwards.

Inside Walmart Marché Central · Free parking
951, rue du Marché Central, Montréal (Québec) H4N 1K2
Phone : 514-342-2941 · Fax : 514-342-3976
Email : info@centremdmc.ca