

Find the Right Contact Lenses for Your Lifestyle

A Discussion Guide for Your Optometrist Appointment

Choosing contact lenses is about more than just vision correction. Your daily activities, work environment, hobbies, comfort preferences, and eye health all play a role in determining which type of contact lens may be best suited to your lifestyle.

This checklist, developed as part of the Bryden pi × Alcon patient education initiative, is designed to help you prepare for your appointment and have a more informed discussion with your eye care professional.

! Only your optometrist or eye care professional can determine which contact lenses are appropriate for your eyes.

Vision & Eye Health

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|--|---|
| ☐ I currently wear glasses. | ☐ I have been told I have astigmatism. |
| ☐ I currently wear contact lenses. | ☐ I have difficulty seeing up close. |
| ☐ This will be my first time trying contact lenses. | ☐ I have difficulty seeing far away. |
| ☐ I experience eye allergies. | ☐ I require vision correction for both near and distance vision. |
| ☐ I spend long hours in air-conditioned environments. | |
| ☐ I spend significant time outdoors. | |

Contact Lens Preferences

Comfort

- ☐ Comfort is my top priority.
- ☐ I often experience dry or tired eyes.
- ☐ I spend significant time in air-conditioned environments
- ☐ I need lenses that remain comfortable throughout long days.

Convenience

- ☐ I prefer a fresh lens every day.
- ☐ I do not want to clean or store lenses.
- ☐ I am comfortable cleaning and caring for reusable lenses.
- ☐ I am looking for the most convenient option possible.

Your Daily Routine

Sports & Active Lifestyle

- ☐ I exercise regularly.
- ☐ I participate in outdoor sports.
- ☐ I participate in water activities.
- ☐ I require clear vision for competitive sports.
- ☐ I prefer not to wear glasses while exercising.

Work & Screen Time

- ☐ I work in front of a computer most of the day.
- ☐ I frequently use multiple screens.
- ☐ I work in dusty or challenging environments.
- ☐ I travel frequently for work.
- ☐ I spend more than 4 hours per day using digital devices.

Social & Lifestyle

- ☐ I attend social events frequently.
- ☐ I enjoy travelling.
- ☐ I prefer a glasses-free lifestyle.
- ☐ I want flexibility to occasionally wear glasses.
- ☐ I prefer the convenience of lenses that require minimal maintenance.

Budget Considerations

- ☐ I am interested in learning about daily disposable lenses.
- ☐ I am interested in learning about reusable monthly lenses.
- ☐ I would like to discuss options that fit my budget.

Vision Goals

Select all that apply:

- ☐ Better vision for work
- ☐ Better vision for sports and exercise
- ☐ Improved comfort throughout the day
- ☐ Reduced dependence on glasses
- ☐ Better vision while travelling
- ☐ Improved vision for driving
- ☐ Clear vision at multiple distances
- ☐ Occasional contact lens wear
- ☐ Daily contact lens wear

What to Expect During Your Contact Lens Fitting

Your optometrist may:

- Assess your eye health.
- Measure your eyes.
- Discuss your lifestyle and visual needs.
- Recommend lens options.
- Fit you with trial lenses.
- Teach you how to insert and remove lenses.
- Review lens care and hygiene.
- Schedule a follow-up appointment.

Questions for your Optometrist

- Which contact lenses are best suited to my lifestyle?
- Are daily disposable or reusable lenses a better option for me?
- How many hours per day can I safely wear contact lenses?
- What lens material would you recommend?
- Which lenses may provide the best comfort for my eyes?
- Are there options available for astigmatism?
- Are there options available for presbyopia or multifocal vision needs?
- What is the recommended replacement schedule?
- How should I care for my contact lenses?
- What signs should I look out for that indicate a problem?

My Contact Lens Consultation Notes

Current Vision Concerns: _____

Recommended Contact Lens Option: _____

Follow-Up Appointment: _____