MY VISIT TO THE EYE DOCTOR
Hello. My name is Laura. Today, I visited the eye doctor.
My dad and I rode in the car to the office. Then, we got out and walked into the building.

The security guard asked if we needed any help, then showed us where to go next.
My dad and I went to the check-in desk where they asked my name and birthday to let the doctor know I was there.

After checking in, we sat in the waiting area until the student came and called my name.
We followed the student to the elevator and got on.

The elevator took us up to the second floor.
When we got off the elevator, we walked to a smaller waiting room.

We sat here while the student talked to the doctor until she came to call us again.
The student took us into the exam room.

I sat in the big chair in the center of the room.
The student asked my dad and me questions about my eyes.

She checked how well I could see. She gave me a big spoon to cover up one of my eyes and then the other.

I matched letters from the screen with letters on the paper they gave me.
I looked at a letter while the student checked how my eyes moved.

She moved the spoon and a bar full of tiny windows in front of my eyes.
Next she measured how I focused. I held a spoon over one eye and told her when the picture got blurry.

She checked how well I could cross my eyes. I told her when I saw two of the picture.
The student checked my side vision. I covered one eye with the spoon and she held up a doll. I told her when I could see it.

I followed a shiny ball with my eyes as she moved it. This checked how my eyes moved.
The student turned the lights in the room down and shined a flashlight in my eyes to measure their size.
I put on special glasses so they could check how well I saw 3D.

I told the student what I saw popping out of the pictures.
These are some other ways they might check 3D vision. Some have sunglasses. Some have red and green glasses. Some do not use glasses at all.
Next, the student checked my color vision. I covered one eye up with the spoon and told her what shapes I saw. Then we did the same thing with the other eye.
Then, the student checked to see if I needed glasses. She held a bar with windows in front of my eyes and shined a flashlight through them.

I wore special glasses with one eye covered while she asked me questions about what I could see.

Then, she switched which eye was covered and asked me more questions.
The student checked my blood pressure with a bracelet. It made buzzing and beeping noises and got a little tighter while it worked.

She checked the pressure in my eyes by holding a tool close to my eye. It beeped and tickled my eyelashes. It did not hurt.
The student checked the health of the front part of my eyes. I held my head still. She looked very closely with her microscope light.
Next, I tilted my head back and looked at the ceiling. She put drops in my eyes so she could see inside. The drops stung a little, but did not hurt.
The student shined a light into my eyes. The light was bright but did not hurt. She got close to me while she looked inside my eyes.

Next she put a light on her head. She shined the light into my eye and used a lens to help her see. She showed me where to look with her hand so she could see all around my eyes.
After the student was done, the doctor came in. The doctor checked some of the same things. She used the flashlight and the bar with windows to see if I needed glasses again.

She showed me where to look with her hand and shined the flashlight and head light into my eyes again to check the health of my eyes.
After my exam was done, the doctor talked to my dad and me about my eyes.
When the doctor was done talking to us, the student took us back down the steps so that I could look at glasses.
We sat in the glasses waiting area until another student called my name.
We looked at the glasses until I found a pair that I liked.

I tried the glasses on to make sure I liked how they looked and felt on my face.
Next, we had to make sure the glasses fit my face.

I looked at the student’s nose. She used a marker to dot where the center of my eyes were behind the glasses.

I looked into a pair of binoculars at a green light. The student measured how far apart my eyes were.
After we were done picking out glasses, the student took us to the check out desk. She gave the person at the desk the glasses and our papers.
At the desk, they gave me sunglasses. I put the sunglasses on so the sun would not seem so bright.
After I put on my sunglasses, we were ready to go. My dad and I went back outside. We walked to our car to go home.

We will come back soon when the eye doctor calls to say that my glasses are ready. They will give me my glasses to wear so that I can see better!
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Coulter RA. Understanding the visual symptoms of individuals with autism spectrum disorder (ASD). *Optom Vis Dev* 2009;40(3):166

THE EYE CENTER
AT SOUTHERN COLLEGE OF OPTOMETRY