



Recommended Frequency Of Eye Examinations

Age Groups and High Risk Groups	Recommendations
Newborns	At birth
Children from infancy to 5 years of age	By six months to one year of age At approximately 3 years of age At approximately 5 years of age
School-age children	Approximate every 2 years
Age of puberty to age 39	Once during this period After initial comprehensive exam, eyes should be checked only if there are problems with vision or injury occurs.
Age 40 to 64	Every 2 to 4 years
Age 65 or older	Every 1 to 2 years
Infants at high risk: <ul style="list-style-type: none"> • Potential for retinopathy of prematurity • Family history of retinoblastoma • Infantile cataracts • Congenital glaucoma • Metabolic and genetic disease 	As soon as medically possible
Glaucoma screening: <ul style="list-style-type: none"> • Age 20-39 • Age 40-64 • Age 65 or older People with glaucoma:	Individuals of African-American descent or with a family history of glaucoma: every 3 to 5 years. <ul style="list-style-type: none"> • At least once during this period • Every 2-4 years • Every 1 to 2 years Every 4-6 months or as recommended by your eye care specialist
People with diabetes mellitus	A dilated eye exam, at least once a year or more frequently as recommended by your eye care specialist

Note:

These recommendations are guidelines only. If you experience problems with your eyes or have an eye injury, see an eye care specialist as soon as possible.

References: The American Academy of Ophthalmology policy statement "Frequency of Ocular Examinations", 2/2000; The American Association for Pediatric Ophthalmology and Strabismus policy statement "Vision Screening for Infants and Children", 8/01; AAO Patient Education Brochures: "Glaucoma, 8/01, "Diabetic Retinopathy, 2/01

For more information, call The California Eye Institute at Saint Agnes at (559) 449-5000