



# Eye Exam Precautions



**1** Avoid heavy eye  
makeup



**3** Remove contact lenses



**5** Limit screen time



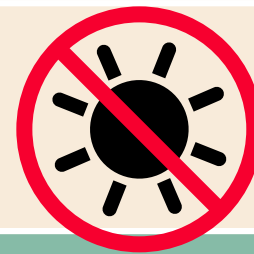
**7** Eat a balanced meal



**2** Avoid caffeine and  
alcohol



**4** Avoid rubbing your eyes



**6** Avoid bright lights

