



## CONTACT LENS SELECTION QUESTIONNAIRE

Please **circle** the appropriate score for each item below and then total the points. The purpose of this form is to help determine how easily you will adapt to contact lenses.

### 1. ENVIRONMENT YOU LIVE IN

- Clean Air (Rural) . . . . . 1
- Mildly polluted (Suburban) . . . . . 2
- Polluted (Urban) . . . . . 3
- Highly polluted (Industrial) . . . . . 5

### 2. ALLERGIES

- None . . . . . 0      • Mild . . . . . 2
- Moderate . . . . . 3      • Severe . . . . . 5

### 3. SKIN TYPE

- Normal . . . . . 0      • Dry . . . . . 3
- Oily . . . . . 3      • Sensitive . . . . . 5

### 4. MEDICATIONS

Antihistamines:

- Never use . . . . . 0
- Use occasionally, for a cold . . . . . 1
- Use more than once a month . . . . . 3

Diuretics:

- Never use . . . . . 0
- Use less than once a week . . . . . 1
- Use frequently . . . . . 3
- Over 8 hours a day . . . . . 3

Birth Control Pills:

- No . . . . . 0      • Yes . . . . . 3

### 5. TEARING

- Normal . . . . . 0      • Mild . . . . . 1
- Excessive . . . . . 3      • Dry (sandy) . . . . . 5

### 6. LIGHT SENSITIVITY

- None . . . . . 0      • Mild . . . . . 1
- Moderate . . . . . 3      • Severe . . . . . 5

### 7. EYE ITCHING

- None . . . . . 0      • Mild . . . . . 1
- Moderate . . . . . 3      • Severe . . . . . 5

### 8. EYE INFECTION

- Never have an eye infection . . . . . 0
- Rare (less than 1 Per Year) . . . . . 1
- Frequent (more than 1/Year) . . . . . 3
- Continual eye infections . . . . . 5

### 9. SENSITIVITY TO SMOKE AND CHEMICALS

- None . . . . . 0      • Mild . . . . . 1
- Moderate . . . . . 3      • Severe . . . . . 5

### 10. ANTICIPATED CONTACT LENS WEAR

- Few hours on social occasions . . . . . 1
- Less than 8 hours a day . . . . . 2
- Over 8 hours a day . . . . . 3
- Extended wear (24 hours a day) . . . . . 5

**YOUR TOTAL SCORE:**

**KEY**

Less than 13 points . . . . . Excellent potential for wearing contact lenses

14 to 24 points . . . . . Good potential for wearing contact lenses

25 to 29 points . . . . . Fair potential for wearing contact lenses

Over 30 points . . . . . Poor potential for wearing contact lenses