



DEAN AMUNDSEN, O.D.  
ADVANCED VISION CARE

## Recommended Eye Examination Frequency

### Recommended Examination Frequency For the Pediatric Patient

Patient Age	Examination Interval	
	Asymptomatic/Risk Free	At Risk
Birth to 24 Months	At 6 months of age	By 6 months of age or as recommended
2 to 5 years	At 3 years of age	At 3 years of age or as recommended
6 to 18 years	Before first grade and every two years thereafter	Annually or as recommended

Children considered to be at risk for the development of eye and vision problems may need additional testing or more frequent re-evaluation. Factors placing an infant, toddler, or child at significant risk for visual impairment include:

- Prematurity, low birth weight, oxygen at birth, grade III or IV intraventricular hemorrhage
- Family history of retinoblastoma, congenital cataracts, or metabolic or genetic disease
- Infection of mother during pregnancy (e.g., rubella, toxoplasmosis, venereal disease, herpes, cytomegalovirus, or AIDS)
- Difficult or assisted labor, which may be associated with fetal distress or low Apgar scores
- High refractive error
- Strabismus
- Anisometropia
- Known or suspected central nervous system dysfunction evidenced by developmental delay, cerebral palsy, dysmorphic features, seizures, or hydrocephalus



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### Recommended Examination Frequency For the Adult Patient

Patient Age	Examination Interval	
	Asymptomatic/Risk Free	At Risk
18 to 40 years	Every one to two years	Every six months to one year or as recommended
40 and older	Annually	Every six months to one year or as recommended

Patients at risk include those:

- with diabetes, hypertension, or a family history of ocular disease (e.g., glaucoma, macular degeneration)
- working in occupations that are highly demanding visually or eye hazardous
- taking prescription or nonprescription drugs with ocular side effects
- wearing contact lenses
- who have had eye surgery
- with other health concerns or conditions