

Choosing Your Cataract Lens

A simple worksheet to bring to your cataract consultation

Fill this in at home, with a family member if you like. There are no right or wrong answers. It simply helps us understand how you use your eyes.

1 How do you spend most of your day?

- | | |
|--|---|
| ☐ Reading books, newspapers or documents | ☐ Using a mobile phone |
| ☐ Working on a computer or laptop | ☐ Cooking, sewing or other close hand work |
| ☐ Walking, travelling or outdoor activities | ☐ Watching TV |

2 Driving

- | | |
|---|---|
| ☐ I drive during the day | ☐ I drive often at night |
| ☐ I don't drive | |

3 How do you feel about glasses?

- ☐ I don't mind wearing reading glasses
- ☐ I'd like to use glasses as little as possible
- ☐ I'm not sure yet

4 Tell us about your eyes

- ☐ I have been told I have astigmatism
- ☐ I have glaucoma, a retina problem or a cornea problem
- ☐ My eyes often feel dry, gritty or watery
- ☐ I have had eye surgery or laser before
- ☐ My other eye also has a cataract

5 Questions to ask your doctor

- ☐ Which lens types suit my eyes, and why?
- ☐ Will I need glasses for reading, distance or both?
- ☐ Could I notice glare or haloes at night with this lens?
- ☐ Should my dry eye be treated before measurements?
- ☐ When will my second eye be done, and how will I manage in between?
- ☐ When can I get new glasses after surgery?

! After surgery: call us urgently if you notice

- Loss of vision
- Pain that does not settle even with medicine
- A very red eye
- New flashes of light, or many floaters or dark spots

Reviewed by Dr Geetha Iyer, Medical Director, CODE Eye Care. Last reviewed: September 2026

This worksheet is for general information and does not replace a personal eye examination.