

# Ocular Surface Questionnaire

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Demographic information

1. Please check any that apply to you? **Are you:**

- Female?  Using a computer more than 1 hour a day?  \_\_\_\_hrs  
Pregnant or Nursing?  Reading for more than 1 hour per day?   
Over age 40?  A contact lens wearer?   
A Tobacco user?   
Traveling in airplanes more than twice per month?   
Routinely using a ceiling fan in your bedroom?   
Drinking more than 3 caffeinated (coffee, tea or cola's) drinks per day?   
Getting less than 7 hours of sleep per night in an average week?

Approximately how many glasses of water do you drink **per day**?

**3 or more**

**Less than 3**

Approximately how many servings of fish do you eat **per week**?

**3 or more**

**Less than 3**

Do you take omega-3 supplements such as fish oil? Yes  No

Name brand \_\_\_\_\_

2. How many medications (different pills) do you currently take?

**3 or more**

**Less than 3**

3. Do you currently take any of the following medications? (Please check all that apply)

- Birth control pills  Antihistamines   
Beta blockers  Anti-depressants   
Diuretics (LASIX)  Hormone Replacement therapy   
Active bladder therapy  Accutane (even previously)

4. Do you use any of the following eye drops? (Please check all that apply)

- Glaucoma drops   
Allergy drops

Other \_\_\_\_\_

## Symptoms

1. Over the past week, which of the following ocular symptoms have you experienced?

<b>Stinging</b> <input type="checkbox"/>	<b>Tearing</b> <input type="checkbox"/>	<b>Itching</b> <input type="checkbox"/>	<b>Grittiness</b> <input type="checkbox"/>	<b>Burning</b> <input type="checkbox"/>
<b>Decreased contact lens wearing time</b> <input type="checkbox"/>	<b>Redness</b> <input type="checkbox"/>	<b>Occasional Blurred vision</b> <input type="checkbox"/>	<b>Dryness</b> <input type="checkbox"/>	<b>Glare</b> <input type="checkbox"/>
<b>Night driving problems</b> <input type="checkbox"/>	<b>Ocular Discomfort (aching)</b> <input type="checkbox"/>	<b>Light Sensitivity</b> <input type="checkbox"/>	<b>Dry mouth</b> <input type="checkbox"/>	

2. Have you ever had eye surgery (LASIK, PRK, Cataract Surgery, other)?  
 Yes  **(Please specify)** \_\_\_\_\_ No

## Systemic Disease

1. Which of following conditions have you been diagnosed with? (check all that apply)

<b>Thyroid disease</b> <input type="checkbox"/>	<b>Arthritis</b> <input type="checkbox"/>	<b>Diabetes</b> <input type="checkbox"/>	<b>Lupus</b> <input type="checkbox"/>	<b>Acne Rosacea</b> <input type="checkbox"/>
<b>Sleep disorders</b> <input type="checkbox"/>	<b>Sarcoid</b> <input type="checkbox"/>	<b>Facial Herpes Zoster (Shingles)</b> <input type="checkbox"/>	<b>MS</b> <input type="checkbox"/>	_____ <input type="checkbox"/>

## Other questions

Do you notice mattering on your eyelids when you wake in the morning Yes  No   
 Are your eyelids swollen or red along the lash margins Yes  No   
 Do you experience burning in the morning Yes  No   
 Do you have a significant amount of crusting on your eyelids Yes  No   
 Does your vision fluctuate from clear to blurry especially in the morning Yes  No   
 (including after reading, watching TV, computer or driving)

Do you use or have you tried Artificial Tears? Yes  No

Brand name of Artificial Tears: \_\_\_\_\_

When used, how long does/did the relief last after you instill a drop of artificial tears?

<b>Less than 15 minutes</b> <input type="checkbox"/>
<b>Less than 1 hour</b> <input type="checkbox"/>
<b>More than 1 hour</b> <input type="checkbox"/>

When used, typically how many artificial tear drops do or did you use per day?

<b>4 or more</b> <input type="checkbox"/>
<b>3 or less</b> <input type="checkbox"/>