

Your appointment at Cameron Optometry

We look forward to welcoming you to the practice. This document should provide you with all the information you require but please get in touch if you have any questions prior to your appointment.

Appointment

Your visit with us will include a comprehensive range of pre-clinical tests, scans and measurements along with discussions with your optometrist to ensure a thorough examination of your eyes. If this is your first visit or you are coming for your annual eye examination, please allow an hour for your appointment. Interim visits will be shorter. Please find a detailed description of what to expect in your first appointment below.

Dilation drops advice – For people over 60 we are required to 'dilate the pupils' using special drops. The drops open up the pupil, the window into the eye so we can get a better look inside at the structures. They do make the vision slightly blurry for a couple of hours afterwards. If your vision is affected we advise that you do not drive until the effects have worn off. You will also be more sensitive to bright light so it is a good idea to bring your sunglasses especially if it is a bright day. Many people find the drops have almost no effect on their vision but everyone is different so it's best to be prepared.

What to bring

If you already wear glasses and/or contact lenses please bring every pair you have with you and copies of any previous prescriptions you happen to have. Don't worry if you don't have this, we can take a measurement from the glasses to see what power they are. If you wear contact lenses, please come in wearing your lenses and take a note of the solution you use to clean them. If possible, please bring an empty packet or box from your lenses so we know the specification.

Please also bring a list of any current medication you have been prescribed so we can check for any interactions with the eyes. The repeat prescription slip you get from your GP is ideal for this.

Cost

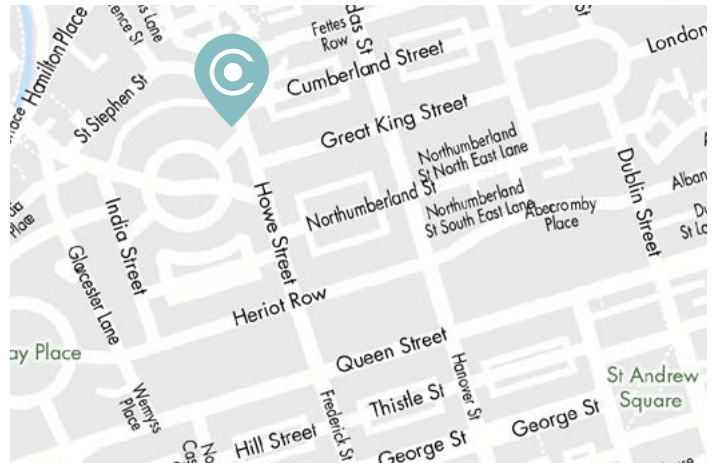
A comprehensive eye examination costs £89 less any NHS contribution that you are entitled to. Please find more details of [our prices here](#). However, most patients find that our Vision+ membership programme is the most cost-effective way to pay for their eye care. You can discuss this with your optometrist during your visit.

- For those wearing contact lenses, a full contact lens eye examination is £119 less any NHS contribution you are entitled to.
- Examinations for children in full-time education are free of charge.
- There is no charge for appointments for Vision+ members or their children in full-time education.

Some procedures such as eyelid deep cleaning or lacrimal syringing carry some additional costs which you can find on our website.

Accessibility

A portable ramp is available for wheelchair users or buggies. It is helpful, but not essential, to give us advance notice if this is required. There are two steps with railings on either side to enter the practice and one step into the main vestibule. The main consulting, screening and dispensing rooms are located on the ground floor. If it's better for you to be seen on the ground floor, just let us know.



Finding us

Our office are located at:

Cameron Optometry Ltd, 5 St Vincent Street, Edinburgh, EH3 6SW

There are lots of places to park near to the practice and we are well served by public transport:



By car: there are 'pay and display' spaces located in Heriot Row, North West Circus, Circus Place and Cumberland Street. We recommend that you allow at least an hour for your first visit.



On foot: from Princes Street, follow Frederick Street, crossing over George Street and Queen Street, and down Howe Street towards the church at the bottom of the hill. The practice is on the left hand side just before the church.



By bus: from Stockbridge, alight beside Patisserie Florentine and turn left on to North West Circus Place, follow the road around and take a left again onto St Vincent Street, the practice is on the left. (Lothian buses 24, 29 and 42)

By bus: from Dundas Street, alight near Cumberland Street and walk west along towards the end of the road to where it joins St Vincent Street, turn left and the practice is on the other side of the road. (Lothian buses 23 and 27)



By train: from Haymarket, leave the main entrance walk towards Princes Street take a left at onto Frederick Street. Follow Frederick Street, crossing over George Street and Queen Street, down Howe Street towards the church at the bottom of the hill. The practice is on the left hand side just before the church.

By train: from Waverley, choose an exit leading to Princes Street, on Princes Street, walk west (gardens to your left) until you reach Frederick Street. Follow Frederick Street, crossing over George Street and Queen Street, head down Howe Street towards the church at the bottom of the hill. The practice is on the left hand side just before the church.