

Equip Your Examination Room: A Checklist of Office Essentials

DILATING DROPS:

- Paremyd; 1% and 0.5% tropicamide; 2.5% and 10% phenylephrine

ANESTHETICS:

- 0.5% proparacaine; a combination of 0.25% sodium fluorescein with a topical anesthetic (i.e., Fluress, etc.)

CYCLOPLEGICS:

- Cyclopentolate 1%; homatropine 5% and/or scopolamine 0.25%

OINTMENTS:

- A combination antibiotic/steroid (e.g., TobraDex ointment or generic Maxitrol), and an antibiotic ointment such as Polysporin or a generic equivalent

MEDICATIONS:

- Acetazolamide (Diamox) 250mg tablets (for acute angle closure)
- Glycerine 5% (Osmoglyn) for sulfa-allergic patients in acute angle closure
- Pilocarpine 2% for acute angle closure
- Beta blocker, brimonidine, prostaglandin samples
- Artificial tears samples
- Lotemax samples
- Flouroquinolone samples
- Betadine 5% ophthalmic prep solution (for treating acute EKC)

MISCELLANEOUS SUPPLIES AND INSTRUMENTS:

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|---|--|
| <input type="checkbox"/> Flourescein Strips | <input type="checkbox"/> Irrigating solution |
| <input type="checkbox"/> Oval eye patches | <input type="checkbox"/> One-inch Micropore tape for patching |
| <input type="checkbox"/> Sterile and non-sterile cotton swabs | <input type="checkbox"/> 25-gauge, 5/8in needles for foreign body removal and/or rust ring fragmentation |
| <input type="checkbox"/> Alcohol prep pads | <input type="checkbox"/> Trial lenses |
| <input type="checkbox"/> Post-mydriatic sunglasses (adult and child sizes) with temples, and drop-ins | <input type="checkbox"/> Lissamine green sterile strips |

INSTRUMENTS:

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| <input type="checkbox"/> Hand-held applanation tonometer (Kowa or Perkins brand) | <input type="checkbox"/> Stainless steel instrument tray with sharp tipped jewelers forceps; epilation forceps; foreign body removal instrument; Shahinian cannula for lacrimal irrigation; #2 Desmarres lid retractor to facilitate double eversion; Simpson lacrimal dilator; sharp-tipped small scissors |
| <input type="checkbox"/> 4-mirror and 3 mirror gonio lenses | <input type="checkbox"/> Exophthalmometer |
| <input type="checkbox"/> Alger brush | <input type="checkbox"/> BIO (20D or similar) condensing lens |
| <input type="checkbox"/> Plano and convex handheld mirror | <input type="checkbox"/> 90D (or equivalent) condensing lens to enable slit lamp ophthalmoscopy |
| <input type="checkbox"/> Anterior stromal puncture needles with syringe handle | <input type="checkbox"/> Loose prisms |
| <input type="checkbox"/> Syringe barrels, for use as holders for straight or ASP needles | <input type="checkbox"/> Stereopsis test |
| <input type="checkbox"/> Scleral Depressor (Wilder) | <input type="checkbox"/> Assorted patient education materials |
| <input type="checkbox"/> Loupes for inserting punctual plugs and other procedures | |
| <input type="checkbox"/> Stethoscope and sphygmomanometer | |
| <input type="checkbox"/> Color vision test | |

* Most of these can be obtained via Bausch & Lomb Surgical (1-800-338-2020), among other companies