

Preparing for your visit

How to find us

We are at **43 Market Place, Wetherby**, on the ground floor of a building shared (with Manning Stainton estate agents and Oaks dress shop). We are opposite Oxfam, by the pedestrian crossing.



Travel

By car - There is some limited on-road parking on Market Place close to the practice for up to 1 hour (beware some spaces are ½ hour only).

Free car parks nearby include:

Riverside (Wilderness)	LS22 7AA	Unlimited
Hallfield Lane	LS22 6JS	4 hours
Crossley Street	LS22 6RT	2 hours
St James Street	LS22 6RS	2 hours
Wetherby Ings	LS22 5FN	Unlimited

There is up to 2 hours free parking for at Morrisons for their customers – LS22 6FL

Buses - Wetherby is served by buses from Leeds, Deighton Bar, York, Harrogate, Knaresborough, Tadcaster and Otley. Our practice is 100 metres from Wetherby bus station. For more information visit

www.wymetro.com/BusTravel/BusStationsAndStops/WetherbyBusStation

Taxis - to and from our door are available from Premier (previously Dees) Private Hire (01937 242424)

Access to building

We have 4 steps at the front of the building, and there is a sturdy handrail for those who need extra support.

Please let us know **before the appointment** if you would like some help with access or you are a **wheelchair user**. Please also ring the bell at the bottom of the steps on your arrival.

Your appointment

Please arrive a few minutes before the stated time as we usually complete a brief questionnaire to ensure your records are up to date. Allow about an hour for your visit, providing time for any additional tests if necessary, or even to choose glasses if required.

We **may** need to use some eye drops to dilate your pupils, to examine and photograph the retina. The drops may blur your vision for up to 4 hours. It is usually advisable not to drive or operate machinery during this time. Please let us know when you arrive if it is not convenient to have dilating drops this time.

What to bring with you

- All glasses currently being used including sunglasses and/or a copy of your previous prescription if not provided by us
- If you wear contact lenses and require a check-up, please wear the lenses, but bring a storage case and your normal solutions if required
- Details of all your current medications including any eye drops.
- Any previous notes or correspondence you feel is appropriate to your eyecare

Fees and NHS Exemptions

The fees charged for your appointment will depend on the type of examination, the diagnostic tests required, and whether you are entitled to any NHS exemptions.

For more information, please visit our website:

www.applesonoptometrists.co.uk/nhs-entitlements/

Cancellation or rearranging

If you need to cancel your appointment, you can call us on 01937 583278. We would appreciate as much notice as possible so that the slot can be allocated to someone else. We regret that we may have to make a charge for a missed appointment, if no notice is given.

And finally...

Before you come for your appointment, it is useful to think about any difficulties you are having with your vision or eyes.

- Are there any eye problems affecting activities at home, your work, studying, driving, sports or hobbies?
- Are you experiencing any blurring, double vision, eyestrain, eye pain, dry or watery eyes, discomfort with lights, headaches, etc,
- How well are you getting on with your current glasses?
- Are you managing your eye drops?
- Are you happy with your contact lenses?
- Are you interested in trying contact lenses?

By providing information about your lifestyle, it helps us provide the most appropriate recommendations for vision correction and eye treatments.