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COLORADO RETINA ASSOCIATES
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ABOUT US. Colorado Retina Associates is a fourteen physician sub-specialty practice providing medical and surgical care of vitreoretinal disease. We provide comprehensive treatment for age-related macular degeneration (AMD), diabetic retinopathy, retinal vascular disease, retinal detachments, ocular tumors, uveitis, inherited retinal degenerations and numerous other vitreoretinal conditions.

Our board-certified group of thirteen vitreoretinal, surgical specialists have trained at internationally renowned fellowship programs and continue to engage in research, academia, advocacy, volunteering, and education.

WHAT TO BRING TO YOUR APPOINTMENT

- Valid photo ID.
- All primary and secondary medical insurance cards.
- Your specialist co-payment (check or credit card preferred) as noted on your insurance card(s).
- A driver to assist you home.
- A family member or caregiver to help process and reiterate all the information you will be provided. Please, no children or pets.
- Your current eyeglasses and sunglasses.
- Your medical history, list of all your medications, including vitamins, supplements, and eye drops. If you are diabetic, please bring your medication with you.
- The name of your eye doctor and primary care physician.
- A snack, especially if you are diabetic.
- List of drug allergies and the reactions you have from them.
- New Patient Paperwork is available on our website and can be filled out prior to your visit to save time. If you prefer to fill it out at our office, please arrive **15 minutes early**.

THE EXAM PROCESS

Your first appointment will include a comprehensive eye evaluation, including a detailed exam of your vitreous and retina. **You will spend up to 3 HOURS with us to complete the exam, which includes:**

1. **MEDICAL HISTORY**
 - Before we begin diagnostic testing, you need to provide your medical history, known allergies to medication, and list of medications/dosages, eye drops, vitamins, and supplements you are on.
2. **VISION CHECK**
 - A technician will check your vision with best correction, with your glasses on or contact lenses in.
 - You will then remove your contacts prior to dilation.
3. **EYE PRESSURE CHECK**
 - We will gently touch the front surface of each eye with a Tono-Pen, a device used to measure your intra-ocular pressure. Numbing drops are applied so you will not feel discomfort, only mild pressure.
 - Fluid inside the eye is produced daily by the ciliary body, "inflating" the eye to maintain a round shape. This measurement ensures it's within normal range.
 - During this test, relax and breathe normally.
4. **DILATION**
 - Typically, both eyes will be dilated to let more light in to help your doctor spot any potential issues.
 - Dilation takes an estimated 15-30 minutes.

5. IMAGING

- Retinal imaging is a painless diagnostic exam using a high-resolution camera to take pictures of the back of the eye, detecting damage or abnormalities. The types of retinal imaging we commonly use are:
 - OCT (Optical Coherence Tomography), 3D imaging technique to view the complex layers of your retina.
 - Color photos provide panoramic views of the retina.

6. PHYSICIAN EXAMINATION

- In your slit lamp exam, a microscope with a high-intensity beam of light will be used to show a detailed view of the internal structures of your eyes. The bright light will not any cause damage or pain.
- In your fundoscopic exam, a tool called an indirect ophthalmoscope will shine light into your eye to evaluate the peripheral retina for pathology

7. CONSULTATION & TREATMENT

- Your physician will spend time to review your diagnosis (if any), image and testing findings, your personalized treatment plan, and follow-up care.
- Additional testing may be ordered.

POST-APPOINTMENT

- If you notice a sudden change in vision such as light flashes or floaters, a dark curtain over your vision, blurry, wavy, or missing lines or letters when reading or viewing the Amsler Grid Test, give us a call to schedule a follow up exam.
- For follow-up questions regarding your diagnosis, care plan, and other clinical questions, you can text our triage team at (303) 261-1600 or call the main line and follow the prompts for “triage”.
- We have trained clinical staff and an on-call physician available for after-hour, weekend, and holiday ocular emergencies.

FAQ'S

WHAT'S THE DIFFERENCE BETWEEN AN OPHTHALMOLOGIST AND RETINA SPECIALIST?

Ophthalmologists specialize in the diagnosis and treatment of general eye disease. Retina specialists are ophthalmologists that have undergone additional intensive training (4 years of medical school, 1 year of internship, 3 years of residency, 2 years of fellowship) focused specifically on medical and surgical care of diseases and conditions related to the vitreous, macula, and retina.

WHY WILL I BE DILATED?

Your doctor needs your pupils dilated to examine your entire retina. Your retina cannot be seen without a fully dilated pupil.

WHAT ARE THE EFFECTS OF DILATION?

Dilation only affects your near vision. You will be light sensitive, and it is normal to experience blurry vision for 4-6 hours after dilation. We suggest you wear UV sunglasses for the remainder of the day, especially outdoors and arrange for someone to drive you home.

WHY REPEATED IMAGING?

You may have had subtle changes or an increase in symptoms since your last imaging. We have specific imaging equipment for your retina.

WHY IS A NEW PATIENT VISIT 3 HOURS?

An initial consultation is highly comprehensive. To provide effective care, we need to have as much information about your retina situation as possible, which takes time. We strive to stay timely to cut-down your wait time. We do ask for your understanding as some conditions cannot wait to be seen and need to be added to our schedule on an emergent basis. Some patients require special testing and procedures, making their appointment longer.

IS TREATMENT PERFORMED IN-OFFICE?

As a courtesy to patients, when possible retinal conditions are treated the same day as the exam in our clinics. Urgency of treatment is determined by your physician. Some retinal conditions cannot be treated in office and may require out-patient surgery at a later date.

WHAT TO NOT DO BEFORE MY EXAM?

Try to not overexert your eyes. Take a break from staring at screens in the hours leading up to your exam. Also, try to avoid anything that may spike your blood pressure, such as caffeine or stress. While these factors won't hurt you during a retina exam, they can potentially skew your test results.

INSURANCE & BILLING

We are committed to providing patients' cost-effective care. We accept Medicare, Medicaid, and most managed care plans, and will bill your insurance directly, post-appointment. We do not accept vision insurance, as we are a medical office.

Many insurance companies and HMO's require you obtain written authorization (referral) from your primary care physician before any office visit, diagnostic procedure, or treatment.

Please verify your benefits and eligibility with your insurance provider before your initial visit.

If your insurance provider requires a co-payment for your office visit, expect to pay that amount in full on the day of your visit. You are responsible for payment of all services that are not covered by your insurance plan. Any balance not covered is due at the time of service.

Although the treatment of retinal diseases involves significant technology and complex services, we attempt to minimize the cost in several ways:

- Performing surgery on an outpatient basis to reduce the length of a hospital stay.
- Elimination of "facility fees" by performing diagnostic testing and minor procedures in our offices.
- Financial and grant assistance.
- FDA clinical research trials as an optional treatment path for patients who qualify.

P: (303) 261-1592 E: CRInsuranceverifications@retinacolorado.com

FINANCIAL COUNSELING

As an added service to our patients, we offer complimentary financial counseling to help you understand the billing process. Our counselors are trained to assist with questions regarding your bill, out-of-pocket co-pay and drug costs, insurance coverage, and help you navigate available resources for patient assistance programs, payment plans, grants, and sliding-scale coverage options based on your income level.

P: Hailey (303) 615-3033 or Kaylee (303) 456-8127 E: CRFinancialcounselors@retinacolorado.com

RESEARCH

Based out of our Lakewood location, Colorado Retina offers an FDA-registered clinical research program, open to all patients. We participate in some of the most innovative clinical trials in retina treatments and cures for blindness.

Participating in research allows you access to the latest treatments and drug options, transportation services, stipends, and other incentives, all while furthering scientific developments. If you are interested in learning more or joining a trial, talk to your physician during your initial appointment to see if you qualify.

P: (720) 420-3265 E: CRAResearchDept@RetinaColorado.com



My Retina Appointment



Being informed is key to maintaining good retina health. These are questions you may want to ask your retina specialist to better understand and care for your retinal condition.

General Questions

What is my retinal condition called?

How will everyday life be impacted by my disease?

What can I do to prevent future vision loss?

What treatments are available for my condition?

How often do I have to see my retina specialist for check-ups?

Macular Hole/Pucker/Retinal Detachment

Will my condition require surgery?

How urgent is the treatment?

What is the expected outcome?

AMD

Do I have “wet” or “dry” macular degeneration?

What stage is my AMD — early, intermediate, or advanced?

Should I be taking vitamins or supplements to help with my retinal condition?

Diabetic Retinopathy

Can the progression of diabetic retinopathy be slowed?

What options are available to recover vision loss as a result of diabetic retinopathy?

Other Questions You May Have

COLORADO RETINA LOCATIONS

CENTRAL PARK - Q34 Business Center
[3401 Quebec St, Suite 105, Denver, CO 80207](#)

ENGLEWOOD - CityCenter Englewood ***OPEN SATURDAY'S***
[850 Englewood Pkwy., Suite 200, Englewood, CO 80110](#)

LAFAYETTE - West Medical Building
[1050 W. South Boulder Rd, Suite 2100, Lafayette, CO 80026](#)

LAKWOOD - St. Anthony Medical Plaza 3
[255 S. Routh St, Suite 200, Lakewood, CO 80228](#)

PARKER - Lincoln Medical Center
[11960 Lioness Wy., Suite 290, Parker, CO 80134](#)

FRISCO - Summit Medical Center ***OPEN FRIDAY'S ONLY, 10:00am-2:00pm***
[360 Peak One Dr, Suite 390, Frisco, CO 80443](#)

GET IN TOUCH

We thank you for choosing Colorado Retina as your retina care provider. For questions regarding your upcoming appointment, symptoms, care instructions, our clinical research program, billing, insurance eligibility, or simply need more information, reach out to us by text, phone, or email.

Our call lines are open between 8:00am-4:00pm, Monday-Friday. If you reach our voicemail, we will get back to you within two business days.

For your convenience, TEXT us during regular business hours at (303) 261-1600.

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