

## How to Capture Images and Video of Your Eyes

Photos and videos are **important** for assessment in telemedicine. Everything **must be focused** so details of the eye can be clearly assessed. Please follow the directions below and review the examples for comparison. If necessary, we will ask for specific images.

### PHOTOS

Here are directions on how to get an ideal photo of your eye:

1. Stand in front of a clean, clear bathroom mirror
2. The room lights should be **ON**
3. Open the smart phone's photo app and set to use the phone's **BACK** camera
4. In photo mode, turn **ON** the camera **flash** and **zoom IN** to 2-3x (**2.5x** is ideal)
5. Point the phone's **BACK** camera at your eye (this is not selfie mode)
6. To photograph your right eye, hold the phone in your right hand
7. To photograph your left eye, hold the phone in your left hand
8. Turn your phone **horizontally** (vertical is ok if you have too much difficulty)
9. Make sure your hand or phone are not obstructing your view with the fellow eye
10. Look in the mirror at the reflection of your phones display
11. Line up the eye so it's in the center of the display
12. Hold the camera lens about 3-4 inches away from your eye
13. Then take the picture (it is easiest to take the picture by pressing the volume button on the phone, rather than the button on the screen)
14. Take a picture of each eye separately

It is **EXTREMELY** important to have good focus. If your pictures appear blurry, ensure that the camera lens on the back of the phone is not dirty, and that you are not holding the phone too close to your eye. It is more important for the picture to be in focus than close to the eye. The eye should be centered in the picture and no shadows should cover the eye. If you are having trouble, ask a family member or friend to help.

Take a few pictures. A straight on image is required, the rest are optional.

- Direction of gaze
  - Straight (**REQUIRED**)
- The entire colored portion of the eye should be visible
- Up (hold your lower lid down while looking up)
- Down (hold your upper lid up while looking down)
- Left
- Right
- Eye gently closed

## VIDEO

Video can be helpful but only if it is shot in HD. Again, everything must be in focus. The eye should be centered in frame and no shadows should cover the eye. If needed, we will ask for specific types of video.

Here are directions on how to get an ideal video of your eye:

1. Stand in front of a clean, clear bathroom mirror
2. The room lights should be **ON**
3. Open the smart phone's photo app and set to use the phone's **BACK** camera
4. In video mode, turn **ON** the camera **flash** and **zoom IN** to 2-3x (**2.5x** is ideal)
5. Turn your phone **horizontally** (vertical is ok if you have difficulty)
6. Point the phone's **BACK** camera at your eye (this is not selfie mode)
  - a. To photograph your right eye, hold the phone in your right hand
  - b. To photograph your left eye, hold the phone in your left hand
7. Look in the mirror at the reflection of your phones display
8. Make sure your hand or phone are not obstructing your view with the fellow eye
9. Line up the eye so it's in the center of the display
10. Hold the camera lens about 3-4 inches away from your eye
11. Then take the video, **less than 10 seconds** (it is easiest to start the video by pressing
12. the volume button on the phone, rather than the button on the screen)
13. Take a video of each eye separately

**On the following page are examples of ideal pictures: Note everything is focused, the details can be clearly assessed. The eye is centered in the picture. The entire colored portion of the eye is visible. There are no shadows covering the eye.**

