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## SMARTPHONE PHOTO OF YOUR EYE

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The ideal photo of your eye is taken by a family member or friend using a smartphone's rear-facing camera with your eye centered on the screen, placed as close as possible while not losing focus of the image. This is typically **10-15cm away from your face**. Be sure to **force the flash ON**. **Take a picture of one eye a time with your eye wide open** (lift your eyebrows and forehead muscles). It helps, if you can, to also take one pic with your finger and/or thumb holding your eyelids open to get a more complete view of your eye.

Alternatively, if you are **alone**, you can take a **"selfie"** pic using the front-facing camera with flash forced ON. Hold the **camera approximately 10-15cm away** when taking the photo.

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### PHOTOGRAPHY TIPS

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- If possible, ask someone else to take the photo for you.
- Use a timer on the camera if you are alone.
- Hold the camera in a position where it's not casting a shadow on the face.
- Keep the camera as still as possible – use your elbows as a tripod or use a tripod!
- Keep the patient's head very still, maybe even with head in hands to keep stable.
- Use "burst mode" on the camera to take as many pictures as possible. Send as many as you think may help!
- Point the lens at the area of interest and get as close as the camera will allow while maintaining focus.
- Try to have your eye facing a strong, but not direct, light source. You are trying to get catch-light reflections in the patient's eyes (*arrows show the catch-light below*).
  - During the day, go outside and sit at the edge of the shaded area.
  - If inside, sit facing a sunny, but shaded window (aka looking out the window with the light coming into your eye). You can sit at an angle so the sun shines in your eye as much as possible for the person taking the photo. (*see angles below*).



- Avoid taking the photo in direct sunlight.
- Add extra light if possible, for example, tape a white piece of paper on in front of the flashlight on your phone, and then point it towards the eye.
- If you can adjust the resolution of the photo, set it on high.

- Aim the camera at the area of interest so it is in the center of the screen and then tap over the area of interest on the screen and a small yellow square should appear over area of focus.
- Take one picture looking straight ahead so the doctor can see both eyes together. Then take a picture of each eye separately so the doctor can see more of the detail in each eye. It may be helpful to keep your eyelids open with your finger and/or thumb to get a more complete view of your eye.

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### IPHONE EXTRA TIPS

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On an iPhone, touch the screen where you want the camera to focus (on the eye). You'll see a little square appear on the screen and next to it is a little sun. Use your finger to drag the little sun upwards or downwards to adjust exposure/lighting on the eye.

If you are inside, consider using the flash.

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### ANDROID EXTRA TIPS

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On an Android, a slider will appear under the circle. Drag the slider back and forth to adjust the exposure and lighting.

For a video explaining these instructions, go to: <https://www.youtube.com/watch?v=nya5PPYRjcw>

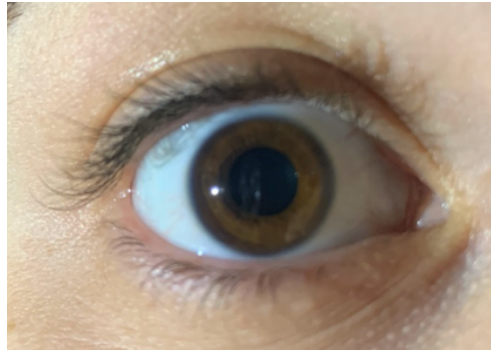
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### GREAT EXAMPLES

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Great photo of eye taken with iPhone while the flashlight is illuminating the eye



Can see the catch-light reflection



Great photo of eye taken with iPhone with the flash on

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### NOT-SO-GREAT EXAMPLES

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Too much glare



Too dark, cannot see detail of eyeball



Out of focus- eyelashes are in focus but eyeball is not