

My IOP Tracker

One simple way you can help manage your condition

Why keep track of your number?

You can't feel your intraocular pressure (IOP), whether it's high or low. So keep on top of your IOP number with this handy tracker, and stay in the know.

To stay on track with your treatment, stay on top of your number.*

	Left Eye	Right Eye
My goal IOP is lower than:	<input type="text"/>	<input type="text"/>

		Left Eye	Right Eye
Date:	Time:	<input type="text"/>	<input type="text"/>

My subsequent IOP is:		Left Eye	Right Eye
Date:	Time:	<input type="text"/>	<input type="text"/>
Date:	Time:	<input type="text"/>	<input type="text"/>
Date:	Time:	<input type="text"/>	<input type="text"/>
Date:	Time:	<input type="text"/>	<input type="text"/>
Date:	Time:	<input type="text"/>	<input type="text"/>
Date:	Time:	<input type="text"/>	<input type="text"/>

* Your number may change slightly at different times of day. This is normal.