

# How to Take Sclera Photos with Your Cell Phone

## Instructions

Thank you for preparing to send your sclera photos. Clear images of the white part of your eyes help me evaluate key wellness indicators as part of your initial consultation.

## What You'll Need

- A cell phone with a good-quality camera
- A well-lit space (natural daylight is best)
- A friend to help, or a mirror and steady hands
- A clean, makeup-free eye area

## Photo Instructions

### 1. Lighting Matters

- Use natural daylight near a window.
- Avoid direct sunlight or overhead lighting.
- Do NOT use flash - it creates glare.

### 2. Focus on the Sclera (white part of the eye)

- Only one eye at a time.
- Keep your eye wide open.
- Look in four directions: up, down, left, and right.

### 3. Take 4 Photos per Eye

- Right Eye: Up, Down, Left, Right
- Left Eye: Up, Down, Left, Right
- Hold the phone 8-12 inches away and zoom if needed.

### 4. Keep it Clear & Still

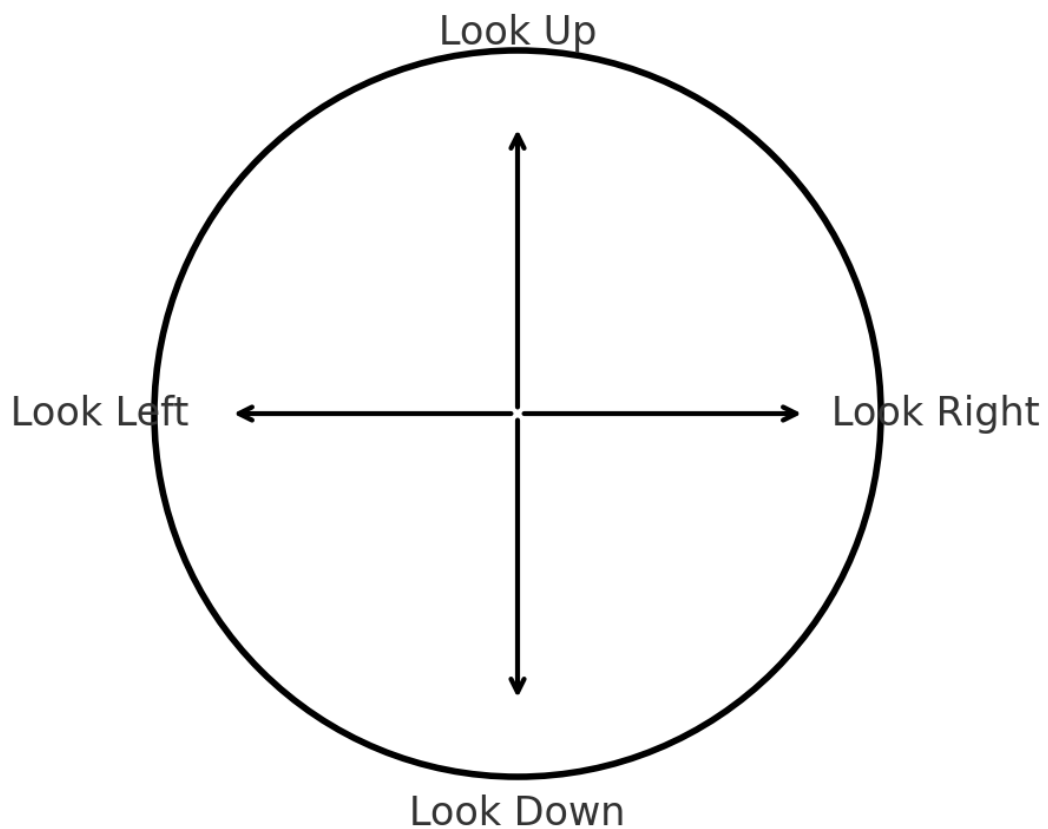
- Rest elbows on a table.
- Use touch-focus on the eye.

## How to Take Sclera Photos with Your Cell Phone

- Ensure sharp, focused images.

### Eye Positioning Reference

#### Eye Positioning for Sclerology Photos



### Before Sending

- Check that images are clear and well-lit.
- Label each photo (e.g., 'Right Eye - Looking Up').
- Send via your preferred secure upload or email method.

### Do Not

## **How to Take Sclera Photos with Your Cell Phone**

- Use red-eye or beauty filters
- Take photos in dim rooms or with backlighting
- Crop too tightly - full sclera must be visible

### **Encouragement**

"The eye is the lamp of the body." - Matthew 6:22

If you have trouble, feel free to reach out and I'll guide you through it. Thank you for taking the time to support your wellness journey with care and precision.