

How To Take a Smartphone Photo of Your Eye

- If possible, ask someone else to take the photo for you.
- Take several pictures. Use burst mode on the camera to take pictures and take more than one. Send as many as you think may help.
- Shade with lots of indirect light is best.
 - Shade is better than direct light.
 - During the day, sit facing a sunny window, but in the shade. Have the photographer be between you and the window. You look out the window toward the person taking the photo, maximizing the light coming into your eye.
 - Outside, sit on your front step at the edge of the shade
 - Avoid taking the photo in direct sunlight.
 - Add a “diffuse” big light source. For example, a white piece of paper taped in front of a flashlight and then directed at the eye.
- Hold the camera in a position where it’s not casting a shadow on the face.
- Point the lens at the area of interest and get as close as the camera will allow while maintaining focus.
- Keep the camera as still as possible. Use your elbows as a tripod against your body or use a tripod.
- Keep the your head very still. If possible, put your head in your hands to make your head more stable.
- If you can adjust the resolution of the photo, set it on high resolution.
- Use a timer on the camera if you are alone.
- Take extra photos at different angles.
- On an iPhone, touch the screen where you want it to focus (on the eye). You’ll see a square appear there and you can slide your finger up or down to adjust exposure/lighting on the eye.