

P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

Department of Ophthalmology

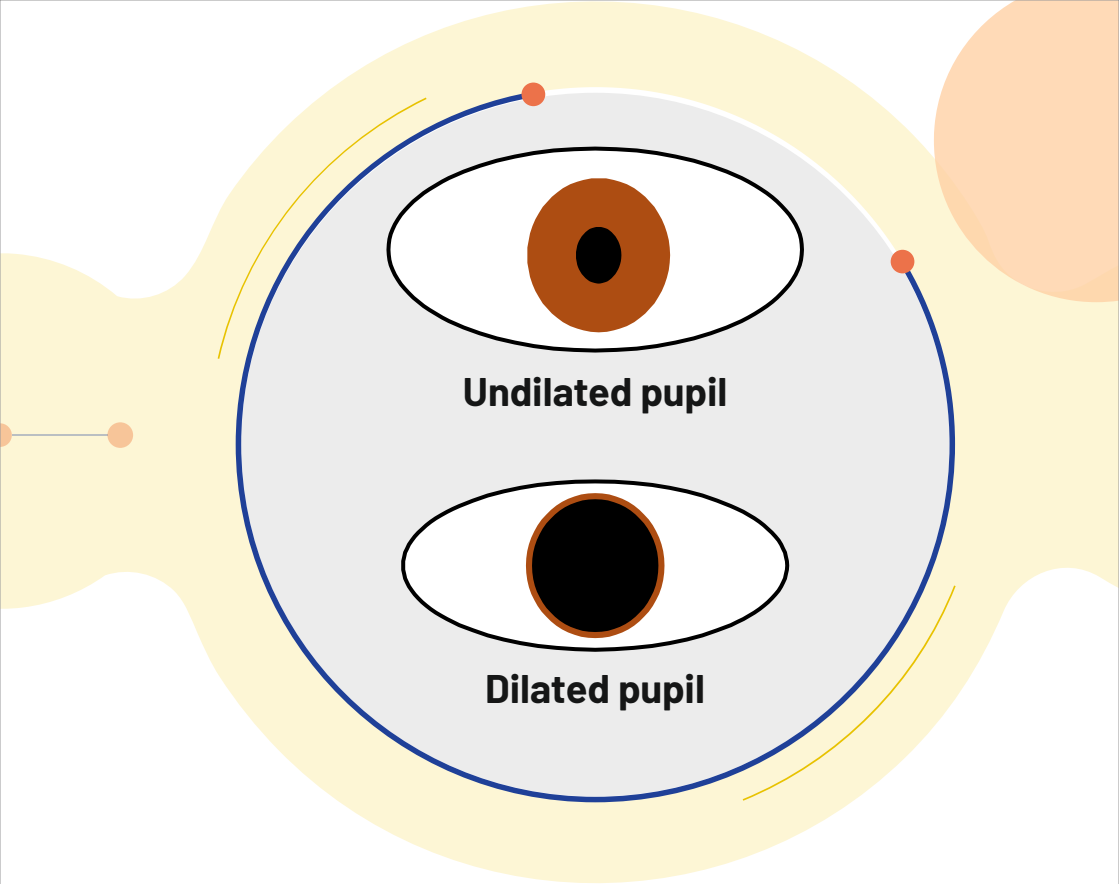


GENERAL INFORMATION ABOUT
EYE TEST



Ophthalmic pre-check

- Your eyes are tested by the Optometrist for distance correction using computerized Auto- Refractometry. Eye pressure is calculated with non-contact Tonometer, in which you feel an air puff in front of eyes. They note down your medical history along with your eye complaints and conduct vision check ups and spectacle correction tests also.
- For a good refraction, please put off/do not use contact lenses for one or two days before coming for an eye test.
- Bring your spectacle, doctor's prescription & any previous medical file.



DILATED EYE EXAMINATION

What is eye dilation?

During an eye examination, the doctor instructs the nurse to administer some eye drops in your eyes so as to dilate them and help conduct a detailed examination of your retina and occurrence of any ocular diseases. This is called eye dilatation.

How does it work?

Once the eye drops are administered for eye dilatation, the pupil takes roughly 30-45 minutes for full dilation. Once the pupils achieve full dilation, the doctor examines the patient's eyes using a magnifying lens.

How long does dilation last?

The effect of an average dilation lasts for up to four to six hours.



INFORMATION & INSTRUCTION ABOUT THE PERIMETRY TEST

Perimetry

Perimetry is a test which is used to check the peripheral vision/field of vision.

The test takes approximately 20 to 45 minutes. However, this duration also depends on the type of test program/patient performance or requirement of a repeat test.

It is important that the patient should sleep well the night before coming for the test.

It is necessary to bring old reports, doctor's prescription note & glasses power prescription.

These are the perimetry test instructions:

- Perimetry tests your extent of side vision.
- Adjust your chair position so that you are comfortably sitting on the machine; there should be no strain on your back or neck.
- You should not move after attaining comfortable testing position.
- Always look straight ahead at the fixation target (central fixed light).
- Press the response button whenever you see the stimulus.
- Do not move your eye from fixation target to see the stimulus.
- You can blink during the test; the best time to blink is immediately after pressing the response button.
- The stimulus is a flash of light.
- Only one stimulus is presented at a time.
- The stimulus might appear anywhere.
- Some stimuli are very bright, some are very dim and sometimes no stimulus is presented. Hence, you should press the button only after seeing the flash light.
- You are not expected to see all stimuli; nobody on earth can see all stimuli.
- If you feel uncomfortable or are getting tired, keep the response button pressed- this will pause the test. To resume the test, release the button.
- In the clinic, the optometrist will explain you about the test before starting the perimetry test.



FUNDUS FLUORESCEIN ANGIOGRAPHY (FFA):

This test is similar to fundus photo, except that a fluorescein dye is injected into the vein as a contrast. The creatinine level of the patient has to be checked before FFA test. The patient has to be fasting for 3 hours before the test. He/she has to be compulsorily accompanied by an adult attendant/relative. Consent form is to be filled before the test. This test takes about 30-45 minutes.

It should be noted that the effects of the dilatation remain for 3-4 hours. Post FFA test, the urine colour tends to be fluorescent yellow.



P. D. HINDUJA HOSPITAL & MEDICAL RESEARCH CENTRE

MAHIM: Veer Savarkar Marg, Mahim West, Mumbai - 400 016, India.

Tel: +91-022-6252 9000 / 6252 9400 / 022 6924 8000

Email: info@hindujahospital.com | Website: www.hindujahospital.com

KHAR: 724, 11th Road, Khar West, Mumbai - 400 052, India.

Tel: +91-022-6174 6000 / 2646 9999 | Website: www.hindujahospital.com/khar