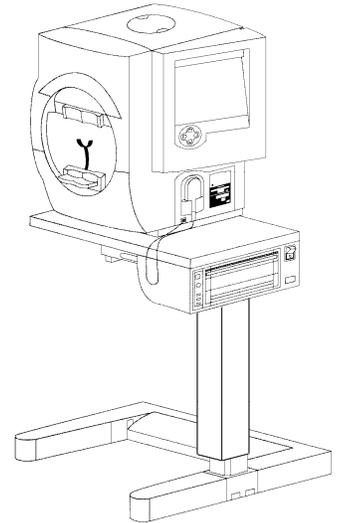


The Visual Field Examination

There are several things to remember when taking a visual field examination. You are not alone; there is a technician with you at all times. This is a tedious but very important test. No one likes doing it, but you can make it an easier experience if you just follow a few rules.

- 1) Be patient. This is not a test to get a good score and it is also not a vision test. It is to determine how well each part of your retina responds to light.
- 2) The visual field is the best test to determine the health of your eye with Glaucoma, many neurological disorders and when looking for medication side effects in the eye.
- 3) You will be given a hand clicker to press whenever you see a spot of light on the surface in front of you. However, you must keep your eye open and looking directly at the center of the machine. If you move your eye and try to find the light, your test will not be valid. That is called a fixation loss. If you have more than 25% of losses of fixation, your test will not be valid.
- 4) It is okay to blink your eye so that it does not become dry. If you don't blink your eye on a regular basis (normal blinking), your eye will start burning and then it will tear. That makes the test very difficult to do. If the machine tests a spot when your eye is closed, don't worry. It will keep track of your lack of a response and go back and retest that area again.
- 5) Do not guess. You are not trying to kill as many of the enemy as you can. If you are not sure, do nothing, be patient and wait. The machine is programmed to retest any spot that you did not respond to when tested and any spot that you responded to once and then didn't respond to a second time. It will retest any suspect or difficult spot. It will test a different area of your eye and then go back and retest the questionable spot.
- 6) If you are fatigued or having trouble, just ask the technician to pause the test.
- 7) If you go faster, the machine will go faster. If you go slower, the machine will go slower.
- 8) If you do guess, you will be giving inconsistent responses. And, guess what! Your test will take even longer because the machine will go back and retest the questionable spots all over again. If you keep guessing, the test will take longer and longer, you will become more and more tired, and you can prevent that.
- 9) Have a good test.



A Visual Field Machine
(A Perimeter)