

WHAT TO EXPECT DURING A COMPREHENSIVE EYE EXAM



WHAT IS A COMPREHENSIVE EYE EXAMINATION?

- ✔ Detailed eye exam done to assess the visual function of the eyes and detect any abnormalities or risks that may require treatment or monitoring.
- ✔ It is the most thorough of all types of eye checks.
- ✔ It checks and diagnoses both symptomatic and non-symptomatic eye problems.
- ✔ To avoid being taken unawares by non-symptomatic but sight-threatening eye problems, it is important to do this type of eye check every 1 - 2 years.

KNOW THE DIFFERENCE

COMPREHENSIVE EYE EXAM

Detailed eye check.

Identifies risks and diagnoses both symptomatic and non-symptomatic eye problems.

SCREENING

Checks for the presence of eye problems, but cannot diagnose any of them. Rather, it identifies the need for more tests.

E.g. vision screening, glaucoma screening.

BASIC OR REGULAR EYE EXAM

Checks vision clarity, screens for eye disease, and determines lens prescriptions. It can diagnose refractive errors and eye problems with symptoms like eyestrain.

TESTS TO EXPECT DURING A COMPREHENSIVE EYE EXAMINATION

The specific tests performed during a comprehensive eye examination usually varies from one person to another.

On a general note, however, here are tests and procedures you should expect.....

NEXT

HISTORY TAKING

This is the first step. The eye doctor will ask you your reasons for visiting the clinic, your symptoms and other info on your eye health. S/he will also ask questions about your family health history & medical issues that may be related to your eye health.

1

VISUAL ACUITY TEST

After history taking, this is usually the 1st test that is done. This test checks how well you can see things that are far and near you.

2

EXTERNAL EXAMINATION

This involves observing the outer parts of your eyes, face, general appearance, and disposition for abnormalities.

3

BINOCULAR VISION TESTS

These tests check how well your two eyes work together. There are quite a number of them designed to assess how coordinated and balanced the eye muscles are as they move. The tests can diagnose squint (crossed-eyes), and other eye muscle-related issues.

4

REFRACTION

This test is done to diagnose refractive errors (e.g. myopia). It also determines the lens prescription that will compensate for the error and help you see clearly at all distances .

It has two parts - 1.Objective and 2.Subjective. The 1st part is automated. The results got from it is refined with your help to get your right prescription in the 2nd part of the test



5

OCULAR HEALTH ASSESSMENT

This checks for the presence of eye diseases. The tests that are performed vary from one person to another.

6

- However, on a general note, it involves
- Measuring eye pressure.
 - Checking the structures in the eyes for abnormalities.
 - Examining the back of the eyes to assess the health of the retina, optic nerve head, and blood vessels.
 - Visual field screening


SUPPLEMENTAL TESTS

These are additional tests that are performed to ensure accurate diagnosis and treatment of an eye problem.

They are done when there is a need to confirm/ rule out an eye disease or get a better/ more in-depth assessment of the condition.

Examples of supplemental tests include:

- Automated perimetry - for better assessment of the visual field
- Optical Coherence tomography (OCT) - for better assessment of the optic nerve and retina.



To avoid being taken unawares by non-symptomatic and sight-threatening eye problems, do a comprehensive eye exam at least once every 2 years.

If you are above 40 or at risk of sight-threatening eye problems, do this eye exam every year.

FOR ENQUIRIES
Call 08057432289