

LOOKING AFTER **YOUR EYES**

What you need to know



An eye test is a vital health check for your eyes. Every adult needs an eye test every two years, and some people may be advised to have a test more often.

MAKING EYECARE **CLEARER**

LOOKING AFTER YOUR EYES

What you need to know

An eye test is a vital health check for your eyes. Every adult needs an eye test every two years and some people may be advised to have a test more often.

During the eye test the optometrist checks if you need spectacles, but they do much more. When you have your eyes examined, the optometrist checks for signs of eye diseases like glaucoma that you might not be aware that you are developing. They may see signs of conditions like high blood pressure and diabetes when they check the eye. Many of these conditions are treatable, but it is best to get them detected before they start causing problems. An eye test can save your sight, and help you stay healthy too.



THE EYE EXAMINATION

An eye examination contains a number of routine parts:

YOUR HISTORY – the optometrist will ask about your medical history, medication and whether anyone in your family has eye problems. You should tell the optometrist about any difficulties you have with focusing, headaches or other problems.

CHECKING YOUR EYE HEALTH – the optometrist will shine a bright light close to your eyes to check the inside and outside of the eyes for signs of disease.

CHECKING YOUR VISION – the optometrist will ask you to read letters on a chart and use different lenses to see how much your vision can be improved for distant and near objects.

CHECKING HOW YOUR EYES WORK TOGETHER – the optometrist will ask you to look at a letter or object and will then cover one eye at a time to see how well your eyes work together.

CHECKING THE PRESSURE INSIDE YOUR EYES – your eye is filled with fluid, sometimes the pressure of the fluid rises which can cause sight loss. The optometrist should check the pressure inside your eyes at every test once you reach the age of 40. This can be done with a machine that blows a little puff of air on the eye or by resting a small probe on the eye.

CHECKING YOUR FIELD OF VISION – the optometrist may check how well you can see at the edge of your field of vision using a test that flashes faint spots of light.

AT THE END OF THE TEST – the optometrist will give you any advice you need and a prescription, if needed, then hand you over to the dispensing optician who can advise you on frames and lenses

YOUR PRESCRIPTION

If you need specs, the optometrist will write you a prescription, which will look something like this:

Patient's Name: Mike Brown

Recommended retest: 2 years

Date: 11th April 2019

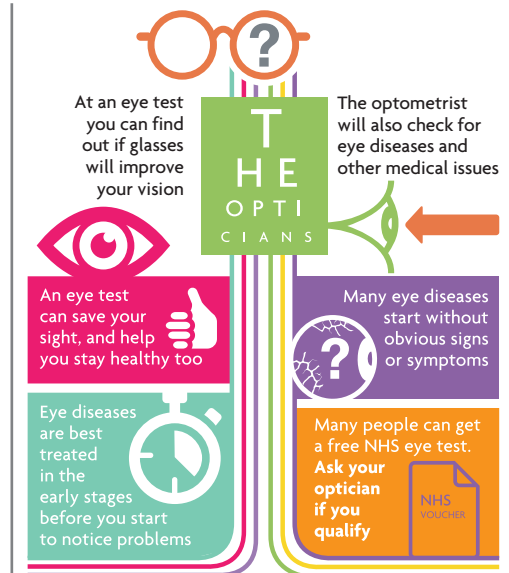
Signed: A.N. Optician



RIGHT EYE	Sph	Cyl	Axis	Prism	Base
	+3.00	+1.50	x180		
	Near vision add		+1.00		

LEFT EYE	Sph	Cyl	Axis	Prism	Base
	+3.25	+1.25	x175		
	Near vision add		+1.00		

You may be **long-sighted**, which is also known as '**hyperopia**'. On the spectacle prescription this would be shown as a **plus (+)** sign at the start of each line of figures. If you are long-sighted you have to work harder to focus on close objects. If there is a **minus (-)** sign at the start of the prescription, you are short-sighted, known as **myopia**, and will struggle to see distant objects. The second figure for each eye, shows how astigmatic (or rugby ball-shaped) your eyes are. Correcting this with specs can make things clearer at all distances. And over the age of 40 almost everyone starts to find it hard to see small objects close up. The **near vision addition** will help you see things close up.



LOOKING AFTER YOUR EYES

What you need to know

THE DISPENSING OPTICIAN

A dispensing optician (DO) advises on, fits and supplies the most appropriate spectacles after taking account of your visual, lifestyle and vocational needs. DOs also play an important role in advising and dispensing low vision aids to those who are partially sighted as well as providing advice to parents and dispensing spectacles to children. They are also able to fit and provide aftercare for contact lenses after undergoing further specialist training.

YOUR SPECTACLES

You can choose whether you get your spectacles from the practice where you had your eyes tested, or whether you would like to look elsewhere. Shopping around can save you money, but staying with the same practice can make it easier if any problems arise. Discuss your work and leisure activities with the DO and they can recommend the best eyewear for you.



MAKING EYECARE
CLEARER

GO ONLINE AND
FIND OUT MORE



EYECARE FAQ - AN INITIATIVE BY ABDO

Association of British Dispensing Opticians