

Visual Field Test

This material will give you an overview of what to expect from your visual field test.

What is a visual field test?

A visual field test is a test that measures your side vision. The test creates a map of your field of vision. The visual field test also helps your eye doctor detect any small amount of side vision loss that could be an early sign of glaucoma or of your glaucoma getting worse. It is important to take visual field tests regularly, most often every year. This helps your eye doctor monitor any small changes in your side vision.

How is a visual field test performed?

You will be seated in front of the testing instrument. This instrument is called a perimeter. You will take the test with one eye at a time. The other eye is covered while you concentrate with the first eye. You will be asked to look straight ahead at a fixed spot. The computer will make noises during the test. Then random flashes of light will show on the screen. (Not every noise is followed by a flash.)

Each time you see a flash of light, you are supposed to press a button to record that you saw the light. It is important to always look straight ahead at the spot so that the test can measure your side vision. If you do not look straight at the spot, the test will not really be measuring your side vision. It will be measuring your central vision, which is not what we are trying to measure. Do not look for the flash, wait until it appears in your side vision. It is normal to have difficulty in seeing some of the flashes. It is also normal to feel like you are not doing

well on the test, but as long as you keep concentrating on looking straight ahead, you will do a good job.

You should let the technician who is helping you with your test know if you need to rest during the test. The technician can pause the test until you are ready to continue.

For more information, scan this code with your smartphone or visit the website listed.



<http://www.glaucoma.org/treatment/why-do-i-need-a-visual-field-test.php>

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