Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Building, Victoria General site. Next, go to the Eye Care Centre in the Centennial Building, 2A. Check in at the “Red” desk.
Retinal Acuity Meter (RAM)

This pamphlet explains the Retinal Acuity Meter (RAM) test.

The retina is the delicate lining of the back of the eye. A healthy retina is needed to see well.

The RAM is used to measure the amount of vision in your retina. This test shows how much vision is possible even if there are cataracts or other conditions causing blurred vision in the front of the eye. For example, the RAM can show what vision you can expect after a cataract is removed.
How do I get ready for the test?

- Plan to be at the Eye Care Centre for about 30 minutes.
- You must have someone with you to drive you home.
- Bring a list of your eye drops and medications.
- Take all your drops and medications as usual.
- Eat your meals as usual.
- Bring your regular glasses.
- Your pupils may be dilated with eye drops. Some people will need only 1 set of drops, but others may need 2 sets. It usually takes about 20 minutes for a person’s pupils to dilate.
- Bring your sunglasses to wear after the test, if your pupils have been dilated (made bigger).
How is the RAM done?

• The RAM is simple and painless. Nothing will touch your eye. The RAM measures what you see with one eye at a time.
• You will sit in a chair and special glasses will be placed on your face. If you wear glasses, we will place the special glasses over your own glasses.
• We will place a small white light in front of you. You will look through small pinholes in the glasses and read letters in the light. If your vision improves while looking through the pinholes, the test is complete. If your vision does not improve, your pupils will be dilated and the test will be repeated.

This pamphlet is just a guide. If you have questions, please talk to your health care provider.
We are here to help you.
What happens after the test?

- The eyes are very sensitive to light when the pupils are dilated. We suggest that you wear sunglasses, especially on a bright sunny day.
- If your pupils were dilated, your vision may be blurry. This can last all day. Do not drive your car until your vision clears. You must have someone else drive you home.

What are your questions? Please ask. We are here to help you.

In Nova Scotia you can call 811 to talk with a registered nurse about your health care questions 24/7.