

Visual Field Testing

Register using a self check-in kiosk in the main entrance of the Centennial or the Dickson Building, Victoria General site.

Next, go to the Eye Care Centre in the Centennial Building, 2A.

Visual Field Testing

What is a visual field test?

A visual field test measures your peripheral and mid-peripheral vision (side vision).

How do I get ready for this test?

- Eat your meals as usual.
- Take all of your medications as usual.
- Take your eye drops as usual, unless your doctor tells you otherwise.
- Bring a list of your allergies, eye drops, eye ointments, and medications (including over-the-counter medications and eye products).
- Bring all of your glasses.
- If you wear contact lenses, you will wear them during the test. Bring your contact lens case and solution with you. You may be asked to take your contact lenses out after the test so we can measure your eye pressure.
- You may wish to bring sunglasses to wear after your test. If your eyes will be dilated (made bigger) they may be sensitive to light.

How is the test done?

- A nurse may use eye drops to dilate your pupils. You will be asked to sit in front of a machine in a room with dim lights.
- A patch will be placed over one eye. You will be asked to place your chin on a chin rest and your forehead against a band. This is to keep your head steady while the test is being done.
- The machine does not touch your eye.
- We will show you a small target inside the bowl of the machine. For the entire test, you will be asked to stare at the target. You will be asked to press a buzzer when you see a light flash anywhere inside the bowl.
- Your answers will be recorded and printed. The ophthalmologist (eye doctor) will review the results.

Driving

- When you get your appointment time, ask if your eyes will be dilated. If your eyes will be dilated, your vision will be blurred and your eyes will be sensitive to light. Bring sunglasses.

If your eyes are dilated, do not drive until your vision clears. You must have someone come with you to the Clinic for the test and to drive you home after.

How do I get my test results?

Your results will be sent to the ophthalmologist who ordered the test.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Eye Care Centre
Designed by: Nova Scotia Health Library Services

WW85-0503 © August 2022 Nova Scotia Health Authority
To be reviewed February 2027 or sooner, if needed.