

Retinal Acuity Meter (RAM)

You must have someone with you to drive you home.

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

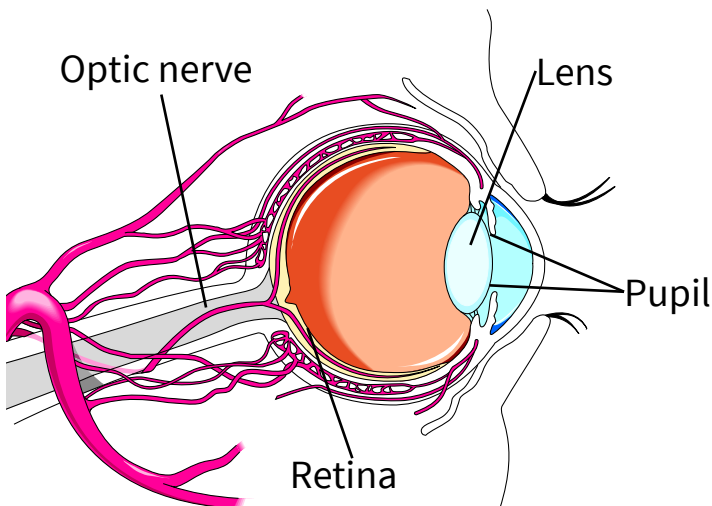
Next, go to the Eye Care Centre in the Centennial Building, 2A.

Retinal Acuity Meter (RAM)

What is the Retinal Acuity Meter (RAM)?

The retina is the lining at the back of your eye. Your retina must be healthy for you to see well.

The Retinal Acuity Meter (RAM) is a test used to measure how much vision you have in your retina. The test shows how much vision is possible even if you have blurred vision. For example, the RAM can show how much vision you will have after a cataract is removed.



How do I get ready for the test?

- Eat your meals as usual before coming to the Eye Care Centre.
- Take all of your regular eye drops and medications as usual.
- Bring all of your eye drops and medications, or a list of their names, with you to the Eye Care Centre.
- You may be given eye drops to dilate (make bigger) your pupils. You may need 1 or 2 sets of drops. It usually takes about 20 minutes for your pupils to dilate.
- Bring your regular glasses and sunglasses to wear after the test. If your pupils have been dilated, your eyes will be more sensitive to light.
- You will be at the Centre for at least 30 to 40 minutes.

How is the RAM done?

- The RAM is simple and painless. Nothing will touch your eye.
- The RAM measures 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 glasses.
- We will place a small white light in front of you. You will look through small pinholes in the special glasses and read letters in the light.
- If your vision is better while looking through the pinholes, the test is done. If your vision is worse, your pupils will be dilated and we will do the test again.

This pamphlet is just a guide. If you have questions, please talk to your health care provider.

We are here to help you.

What will happen after the test?

If your pupils were dilated:

- › Your eyes will be very sensitive to light. We suggest that you wear sunglasses, especially on a bright, sunny day.
- › Your vision may be blurry. This may last all day. **Do not drive 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.

Looking for more health information?

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

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.