

Regular eye examinations

Information

What is checked in an eye examination?

When an optometrist examines your eyes, the clarity and comfort of your vision as well as the health of your eyes will be checked.

What tests will my optometrist do?

After discussing visual requirements and any problems you may have, your optometrist will use a series of tests to determine if any corrective lenses or intervention is needed. Some tests require you to provide responses to what you can see on the chart. You don't need to be concerned that you might give the 'wrong' answer as your optometrist will also use a range of objective measurements to ensure an accurate result. There will also be checks to ensure that your eyes are working correctly as a team and to assess your ability to focus for near vision.

The internal and external structures of your eyes will be carefully examined. Special instruments are used so that your optometrist can assess your eyes under high magnification and even with optical filters and in 3D.

Your optometrist will look for signs of cataract, glaucoma or macular degeneration, or other diseases such as high blood pressure or diabetes. Sometimes medication you are taking can have side-effects that affect your eye health. Assessments of the pressure of the eyeball, fields of view and colour vision may also be done. If your optometrist detects any abnormalities, they can initiate appropriate treatment or refer you to an eye doctor (ophthalmologist) or other appropriate health professional.

Why do I need regular eye tests?

Many eye diseases occur slowly, often over years, and sometimes without obvious signs or symptoms. Regular check-ups make detection more likely, enabling prompt treatment and a better chance of controlling the disease and preventing loss of vision.

Regular checks also ensure you are making the most of your vision during work and leisure activities. Providing your optometrist with details about hobbies, music and sporting activities, and measurements about your computer work station, can help in ensuring that you receive the best possible eye care.

Your optometrist is registered and qualified to:

- > Examine your eyes for vision disorders
- > Prescribe spectacles to improve vision
- > Detect and diagnose signs of eye disease
- > Detect and diagnose signs of health disorders involving the eyes
- > Prescribe and supply contact lenses
- > Analyse and treat eye coordination disorders
- > Prescribe other specialised optical aids
- > Maximise useful vision for those who are visually impaired

Regular eye examinations are the best way to ensure good vision for life.

Your optometrist

