



## Information About Visual Tests You May Have

Vision tests are some of the most important appointments you must attend once diagnosed with IIH, this is due to the visual issues you can have with this condition. One common symptoms that is picked up even before being diagnosed with IIH is swollen optic disks (papilledema), this can be picked up by a regular optician during a routine eye test. Although it is important to remember this symptom does not happen in all sufferers.

Once diagnosed with IIH you will be referred to a Neuro-Ophthalmologist (eye specialist in neurological conditions) who are normally based in a hospital clinic, they will perform certain vision tests on a regular basis. It's also very important that you still visit your regular optician at least once a year.

When you attend your appointment the tests you are likely to receive are in the list below:

- Reading a letter chart
- Colour blindness investigation
- Tonometry investigation (this checks the pressure inside the eye)
- Field vision test (how much you can see around you whilst looking straight)
- Slit lamp test (checks the physical health of the eyes including the backs)

Occasionally you may be asked to have some photographs taken of the backs of your eyes.

Further information on each of these can be seen on the next page.

**IMPORTANT INFORMATION: - REMEMBER TO TAKE YOUR GLASSES / CONTACT LENSES WITH YOU. ALSO DO NOT DRIVE YOURSELF TO YOUR APPOINTMENT AS YOU ARE LIKELY TO HAVE DROPS PUT IN YOUR EYES TO DILATE THE PUPILS.**

### **Reading a letter chart**

This test is the same as when you have a regular eye test. You will be asked to sit in a chair or stand at a certain distance and cover one eye and read the letter chart, then cover the other eye and do the same. This test is very important particularly if you drive as you are required to be able to see a certain distance either with or without glasses / contact lenses.

### **Colour blindness investigation**

As a general rule this is tested by the Ophthalmologist / Neuro - Ophthalmologist holding a book with lots of coloured patterns with a number in the middle. You will be asked to cover one eye and read the numbers you can see on each page, then cover the other eye and do the same, some pages will be harder to see than others.

### **Tonometry investigation**

This is a special machine that is able to test how much pressure there is behind the eye. You will be asked to sit forward and put your chin on a small chin rest while putting your forehead against a rounded bar. The machine will then blow a puff of air into your eye; this may be done up to three times in each eye. The machine itself does not actually touch your eye and the test does not hurt, when it blows the puff of air it may make you jump a little, but it takes less than 5 minutes so it's very quick. The machine will then provide some details to the person carrying out your test.

### **Field vision test**

This test is to check to see how much you can see around you without actually moving your head and looking straight ahead, this is called the peripheral vision. Everybody has a small blind spot in each eye but this examination will ensure that you don't have an enlarged one.

The old fashioned way of checking this and is occasionally still used is for you to look straight ahead at the Optometrist / Neuro - Ophthalmologists finger and they will move their fingers around and you say when you can see them moving and on which side. However a much more accurate way of checking this, is by using a computerised machine, there are many different types but the principle is the same. You will be asked to sit forward with your chin on the chin rest and

your forehead resting against a curved bar. You will be asked to concentrate on a dot in the middle of the screen and be asked to press a special button clicker every time you see movement around the dot, without moving your eyes around. The movement could be in the form of more dots, lines or squiggles. The test will do each eye individually but the whole test will last approx 10 - 20mins. The machine does not actually touch the eye or hurt but it does require concentration. You may be able to have a rest in between each eye if you require it. At the end of this test a printed report and graph will provide the results which will be discussed with you.

### **Slit lamp test**

This is normally the last test that will be done and this is a special machine that enables the person carrying out the test to examine all around your eyes including the backs, which is very important with IIH patients. The machine shines a very bright light into your eyes and using a microscope the Ophthalmologist / Neuro - Ophthalmologist can look at the optic nerves and optic disks which are the two most important parts with IIH patients. This test doesn't hurt however due to the brightness of the light you may find it uncomfortable, but it does not last more than around 5 minutes per eye. You may be able to have a short rest in between each eye should you require it.

### **Conclusion of the tests**

Once all of these test have been carried out you will be able to discuss all of the results and make a future plan, it's important that if you have any questions or concerns that you do ask and talk to them.

### **Useful website links for further information**

<http://www.allaboutvision.com/eye-exam/>

<http://www.webmd.com/eye-health/vision-tests>

<http://lookafteryoureyes.org/seeing-clearly/the-eye-examination/visual-field-tests/>

<http://www.eyehalthweb.com/peripheral-vision/>