

## Orthoptic Department

# Visual field testing

### Introduction

Your consultant has requested that we perform a Visual Field examination. We hope that this leaflet will answer any questions you may have.

### What is Visual Field testing?

A Visual Field test measures the amount of central and peripheral vision you have; that is how much you see in the middle or outer edges of your vision.

### What do I need to bring to the clinic for the test?

- Please follow any instructions on your appointment letter;
- Please bring all the glasses you wear for reading and distance; it is acceptable to wear contact lenses;
- Please bring the latest copy of your optician's prescription if you have one.

### Appointments

Whenever possible, we will try to carry out the test on the same day as your eye clinic appointment. However, due to capacity limitations, we may need to give you an appointment on a different day.

If you are given two separate appointments, it is important to attend the earliest appointment time so that the doctor has all the results in time for your second appointment.



## Patient Information

### **Why do I need this test?**

The testing of visual fields is carried out as part of the investigation into a wide range of different conditions including Glaucoma.

The test can help monitor your treatment by plotting any changes in your visual field which may occur between visits.

### **How often will I need a Visual Field test?**

This will depend on your particular condition and it will be the doctor who recommends the frequency or need for further tests.

### **How is the test carried out?**

- Before Visual Field testing, you will have your vision checked on a letter chart;
- You will then be seated comfortably at a machine in a room with reduced lighting;
- Each eye will be tested in turn with a patch placed over the other eye;
- This test is completely painless with no contact to the eye;
- You will be asked to watch a central spot of light for the duration of the test;
- The machine will show you a series of flashing or moving lights which will vary in brightness and size;
- You will be asked to press a button each time you are aware of any of these flashing or moving lights in your field of vision;
- The whole session should take approximately 30 minutes.

### **How can I ensure the test is accurate?**

The two most important things are to:

- Watch the central light
- Keep the eye still

### **Important Notes:**

The Visual Field test is only one part of your assessment and future tests will need to be carried out by the doctor for a full diagnosis and for

## Patient Information

treatment recommendations to be made. Your appointment with the doctor will be after your visual field test.

The results of your tests will be made available to the doctor if you have no follow-up appointment, or left for a member of the Eye Team to review.

## Further Information

If you require any further information, or alternatively if you cannot keep your appointment, it is important you let the Eye Clinic know so an alternative appointment can be arranged. **Telephone: 024 7696 6521.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6521 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

Department:	Orthoptics
Contact:	26521
Updated:	June 2022
Review:	June 2025
Version:	4.2
Reference:	HIC/LFT/1297/11