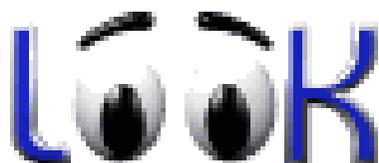


The Eye Test continued

* A light will be shone into each eye to check the health at the back. This can be a little uncomfortable.

* A special camera is used to take photos of the very back of your eye.



My Sight Nottinghamshire

We are a local charity promoting greater independence for visually impaired children, young people and adults in Nottingham and Nottinghamshire. We provide support, advice and information alongside leisure activities and fundraising.

For more information on My Sight Nottinghamshire:

Call: 0115 9706806

Email: info@mysightnotts.org.uk

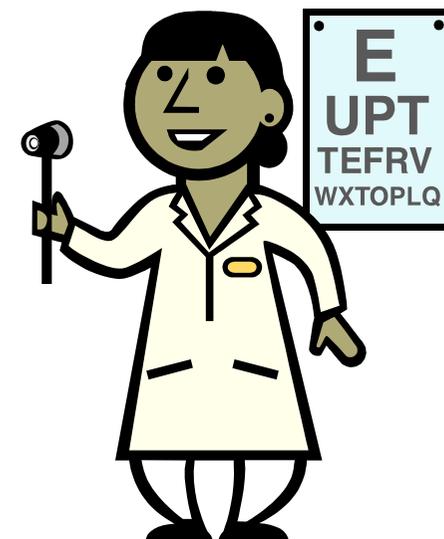
Facebook: My Sight Nottinghamshire

Twitter: @mysightnotts



Seeing beyond sight loss

Eye Test Information Booklet



Why should I have my eyes tested?

- * It can detect the early signs of sight loss or other vision issues such as being short-sighted, long-sighted or if there is a lazy eye.
- * It can detect other medical conditions such as diabetes or high blood pressure.

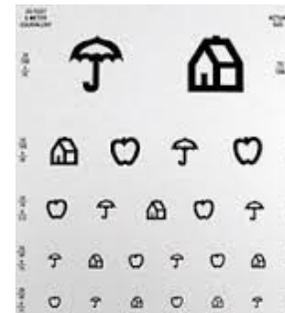


When should I have my eyes tested?

- * From the age of 4 or 5 you should start having regular eye tests. These are normally every 2 years.
- * You are normally tested for colour-blindness from the age of 11.
- * If you noticed you are sitting closer to the TV, objects seem blurred or you are just concerned then book for an eye test.

The Eye Test

- * The optician will ask you or an adult a few questions about your eyes and general health.
- * You will then be asked to put on some special glasses which allow the optician to cover each eye to test how they work individually.
- * You will be asked to read from a chart with rows of letters of decreasing sizes or from a special chart with shapes for younger children. Both are pictured below.



- * Both eyes are then tested to check for movement and that they both work together. You may be asked to follow the tip of a pen whilst keeping your head still for this.