

## Visual Field Testing

This test determines the sensitivity of your peripheral vision, that is, how well you see with your side vision. The examination will be performed by a computerized machine known as the Humphrey Field Analyzer, which is among the most advanced methods available today for measuring the visual field. The examination is not difficult, but there are aspects of it with which you should be familiar. Please read this material prior to your examination.

Since this is an examination of your "side" vision, it is most important that you hold your eyes still and look straight ahead at all times. Inside the machine there is a steady yellow light for you to look at. Unless instructed otherwise, you should continue to look at this light at all times. The test lights will flash on and off randomly at different places within the machine. You will be given a response button to hold, and you should press the button whenever you think you have seen a light flash. Continue to blink normally throughout the test. Some lights will be bright and some will be dim; some lights will be too dim to be seen and there will be periods of time when you won't see anything. Don't be alarmed by this- the machine purposely makes some of the lights too dim as it tries to measure the sensitivity of your eye at various points.

During the examination, you will hear various noises as the light projector and the shutter opens and closes. Try to ignore these noises and respond only to the lights- the machine periodically tests your responses by either not projecting any lights (to see if you are responding to the noises) or by projecting very bright lights (to see if you are paying attention).

This examination can be quite long and tiring, and can take up to 20 minutes per eye. It is most important that you be seated comfortably with your forehead forward in the machine as far as possible. You should feel relaxed with no tension in your shoulders or neck. The fixation light should be clearly in focus. If you are not comfortable, or if the light is not in focus, tell the technician immediately. If you wish to rest during the examination simply hold down the response button- the machine will beep and alert the technician to pause the test.

It is hoped that this information will make your visual field testing easier for you. Please do not hesitate to ask the technician or your doctor to explain anything that is not clear to you.