



What to Expect from Your Visual Field Test

Your guide to understanding today's eye exam

Why Did Your Doctor Recommend This Test?

Your eyes do more than help you see straight ahead. They also give you side vision, called your *visual field*. A visual field test checks how much you can see in every direction, and whether there are any blind spots.

This test can help find early signs of eye problems like glaucoma, monitor existing eye conditions, or check for changes after an injury or illness.

Today's Test with a Virtual Field Headset

Your doctor uses the Virtual Field headset to make your visual field test fast, comfortable, and accurate.



Here's what to Expect from Your Visual Field Test

- You'll wear a lightweight headset and be given a handheld remote control. If you'd prefer not to put the headset on your head, ask the technician assisting you if they have a headset stand.
- Inside the headset's display, you'll see lights or shapes in different parts of your vision.
- You'll hear spoken instructions telling you how to respond whenever you notice something appear in the display. If you'd prefer, you can ask the technician to change the audio prompts to another language.
- Each time you see a light or shape, press the button on your remote control as instructed.
- You don't need eye drops, and the test is completely painless.
- If you get fatigued, have questions, or need to restart your exam, talk to the technician helping you today.

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How Long Will Your Visual Field Test Take?

Depending on the test ordered by your doctor, and if they are testing one eye at a time or both eyes together, your test today should only take a few minutes.

After the Test

Your doctor will review your results and explain what they mean, and if you should expect any additional tests or follow-up care.

Remember: This test is an important part of protecting your vision. By checking your visual field regularly, your doctor can find changes early and help keep your eyes healthy.

If you enjoyed experiencing your visual field test with a modern headset, we invite you to share your experience on social media and tag Virtual Field.



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