

INFORMATION FOR PATIENTS

Visual field testing

Your doctor has ordered a visual field test for you. This booklet explains what the test is, how it is undertaken and what you should expect afterwards.

About the test:

- The examination can take up to 15 minutes per eye.
- The test determines how well you see out of the corner of your eyes.
- The examination is done by a machine called a Humphrey Field Analyser.
- The test is not difficult, but you should be familiar with certain aspects before the test.
- You should bring your glasses or contact lenses for this test.
- Please read this leaflet before the test.

Do I need to do anything before the test?

You do not need to do anything special before the test.

Do I need to bring anything with me for the test?

- You should bring your most recent glasses or contact lenses.
- If you do not have glasses you should bring your most recent prescription from your optician.

The test:

- It is important you hold your eyes still and keep looking straight ahead.
- Inside the machine is a yellow light for you to look at - unless instructed otherwise you should stare at this all the time.
- The test light will flash on and off randomly at different places within the machine. You will be given a response button to press. You should press the button whenever you think you have seen the light.
- If you feel you want to blink the best time is after you have pressed the button.
- Some lights will be brighter than others. Some lights will be too dim to see and there are periods when you will not see anything. Do not be alarmed. The machine purposely does this as it measures the sensitivities of different parts of your eye.
- You will hear various noises as the light projector moves and as the shutter opens and closes. Ignore these noises and respond only to the light.
- It is important you are comfortably seated with your forehead pushed as far as possible into the machine.

- If you are not comfortable or the fixation light is not in focus, tell the assistant immediately.
- If you wish to pause during the examination hold down the response button. The machine will beep and alert the assistant to pause the test.

It is hoped this information will make visual field testing easier for you. Please ask the assistant or the doctor about anything which is not clear to you.

After the test:

- The test is not expected to cause you any problems.
- You do not need to be accompanied for this test.
- The test will not affect your ability to drive.
- The test will not affect your ability to do usual chores at home.

You will be sent a letter following your visit.

Risks and benefits:

- There are no side-effects from this test.
- If you feel something is wrong, you should alert the attending assistant.
- The test helps the doctor make the right decisions about your eye problems.
- If we do not have the test result, the doctor may not be able to discuss them with you and make a decision about your eye problem.

Contact details

If you require further information please contact:

- Ophthalmology Department
King's Mill Hospital

Telephone: 01623 622515, extension 3795 or 6654

- Outpatient Department
Newark Hospital
Telephone: 01636 685798

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202609-06-VFT
Created: March 2012 / Revised: September 2026
Review Date: September 2028