

## WHAT YOU NEED TO KNOW

The procedure you are about to undergo is called “auto-refraction.” It uses equipment and a sophisticated computer program to test and measure your vision. It calculates whether you could see more clearly with the help of corrective lenses, and it determines the strength of the lenses you may need. This test is being conducted by an optician at his or her practice and not by a medical doctor or optometrist in his or her office.

A **refracting optician** is an eye professional who is specially trained to conduct automated sight testing, and to make and dispense corrective eyeglasses. Refracting opticians are not trained nor licensed to give exams to determine eye health.

### **This is not an examination for eye health**

This automated vision test determines the correct lenses for your eyeglasses to help you see more clearly. However, it cannot tell you if your eyes are healthy or if you have other underlying illnesses that may be changing your vision.

*\*Although the automated vision test is perfectly safe, it does not detect any underlying eye problems or illnesses that can harm or change your eyesight. This automated test can only determine the correct lenses for your eyeglasses.\**

### **Who should have an automated sight test?**

If you are between the ages of 19 and 65, are in good health, and have not experienced any sudden change in vision or unusual visual symptoms then auto-refraction is a safe and effective way to test your vision. In between regular eye health exams, it can also be used to update your prescription to ensure your lenses are helping you see most clearly.

### **Who is not allowed to have an automated vision test?**

Research and experience have shown the equipment is safe for all individuals; however, some people are not eligible for automated sight testing. The test cannot be given to anyone younger than 19 or older than 65. People who fall within the eligible age group may be excluded from the test if they have certain illnesses or injuries, if they have recently experienced unusual visual symptoms, or if they have undergone recent eye surgery. Individuals in these categories should have more frequent eye-health examinations to monitor their eyes for potential eye-health changes.

Please read the list below carefully and check any boxes that apply to you:

### **Age:**

- under age 19     over age 65

### **I have a history of:**

- diabetes                       high blood pressure  
 glaucoma                       macular degeneration  
 cataracts                       retinal detachment

### **Symptoms:**

- double vision               eye pain  
 new floaters               flashing light in eyes  
 haloes                       very watery eyes  
 sudden change in vision  
 times of distorted vision  
 one pupil larger than the other  
 periods of dim vision  
 swelling around the eye  
 temporary or permanent blind spots

### **Surgical Procedures:**

- any surgery on or around the eyes

Explain: \_\_\_\_\_

- other: \_\_\_\_\_

### **None of the above:**

- the above symptoms do not apply to me

***\*Please tell the person giving you this sight test if any of the items listed above applies to you.\****

## Who conducts complete eye health exams?

A complete eye health exam is conducted by either:

- **an ophthalmologist** – a medical doctor specially trained in eye disorders, eye examinations, eye surgery, and eye treatment.
- **an optometrist** – a health professional licensed to examine the eyes to detect the presence of vision problems and eye disorders and dispense corrective lenses.

## What is the difference between an automated sight test and a complete eye health exam?

An automated sight test measures how your eye perceives an image or lines from an eye chart and how well it focuses those images on your retina. A series of lenses will be placed in front of your eye to see which lens brings the eye chart into clearer focus.

In contrast, during a complete eye health exam the ophthalmologist or optometrist will not only measure how well your eye focuses on images and eye charts, he or she will also take a complete health history and may put drops in your eyes to open (dilate) your pupils to be able to see inside your eyes.

## You need to have a regular eye health exam

Everyone should have a complete eye health exam at regular intervals, whether or not they have experienced sudden changes in vision or have an underlying illness. Many eye diseases or underlying health problems that can harm your vision can have very subtle signs and symptoms. Having a complete eye health exam from an optometrist or an ophthalmologist is important.

You should visit your family physician on a regular basis, particularly when you are experiencing any signs or symptoms of illness. He or she is best able to determine whether you may be developing a serious disease, such as diabetes, high blood pressure or heart disease that could lead to poor general health or poor eye health in the future. Your family doctor will also help you decide if you need to see an optometrist or ophthalmologist for an eye health exam, and other more specialized eye care.

# Automated Sight Testing

## Important Client Guide:



---

## WHAT YOU NEED TO KNOW

---

For more information, contact:



**College of Opticians of British Columbia**

2025 West Broadway – Suite 420

Vancouver, BC V6J 1Z6

Tel: 604-278-7510

Fax: 604-278-7594

Toll Free: 1-888-771-6755

Email: [office@cobc.ca](mailto:office@cobc.ca)