



FREQUENTLY ASKED QUESTIONS

What is the retina?

The retina is the delicate lining at the back of the eye and is like the film in a camera. It receives light through the lens in your eye and produces a picture which is then sent to the brain, enabling you to see.

What can happen to the retina?

Your retina is the only place in the body where blood vessels can be seen directly. This means that in addition to eye conditions, signs of other diseases (for example, stroke, heart disease, hypertension and diabetes) can also be seen in the retina. Early detection is essential so that successful treatments can be administered. The retina has no nerve endings and you may not feel any pain so there could be a problem that you are not aware of.

How does optomap help?

optomap imaging helps us check the health of your retina and allows us to see a much greater area of the retina at one time than we have in the past. The **optomap** captures more than 80% of your retina in one panoramic image whereas traditional methods typically reveal only 15% of your retina at one time. This unique image enhances your optometrist's ability to detect even the earliest signs of disease that present on your retina.

Do all optometrists offer optomap?

Not yet. But **optomap** is the most advanced in eye care technology in the world and is emerging as the standard for eye health.

Why have I not been offered it before?

It is a new technology which we have just adopted for our practice. It means we can offer you the most advanced eye exam available.

How often should I have an optomap?

Your optometrist will advise based on your individual circumstances, but it is generally recommended that you have an **optomap** every time you have an eye exam. This will ensure you have a digital record of your retinal health on file which can be compared for changes over time.

Should my children have an optomap too?

Many vision problems begin at an early age, so it's important for children to receive proper eye care from the time they are infants.

Will I need to be dilated, does it hurt?

An **optomap** takes only seconds to perform, is not painful, and typically does not require dilation. However, for care reasons, dilation may still be required.

If I don't want an optomap will I still receive a good examination?

We will always offer you a very high standard of care. We think the **optomap** significantly increases the level of care we can offer you and that is why we would recommend you accept this examination.



When will the results be available?

Your image will be displayed on screen after the examination – literally a few seconds after. The optometrist will talk through the image with you explaining what is seen. You can also see your image in a unique 3D wrap sequence.

What will happen if there is a suspicious area on my retina?

The **optomap** is a screening tool and very useful for detecting early signs of disease or conditions affecting the retina. If the optometrist sees something he/she is unsure of, he/she will perform another examination to get a closer look He/she may also send you to an ophthalmologist for further investigation.

What does the examination cost?

Insert cost

Can I wear contact lenses during the examination?

Yes – we can take the image without you having to remove your lenses.

Will I be left with any blurred vision after the examination?

No –You can get back to normal activities immediately after the exam.

I have diabetes – is it okay for me to have this test?

Absolutely – in fact it is essential you have the examination, as people who have diabetes are particularly prone to problems with the retina that could lead to blindness. We'd recommend you have an examination every year.

I have a cataract; can I have this test?

The instrument can image through certain cataracts so you should have the exam.

I am pregnant; can I have the test done?

Yes – the exam is perfectly safe.

I am epileptic; can I have the test done?

The device uses flashes of laser light and some patients with epilepsy may be sensitive to flashes of light. Caution should therefore be exercised for patients who have a history of reaction to camera flashes or strobe lighting.

I have a pacemaker; can I have the test done?

Yes - the instrument uses technology that does not involve powerful magnets or pulses of energy which would affect a pacemaker.

Can the lasers damage my eyes?

The laser power at the eye is Class 1 which is the safest category and a level which is considered non-hazardous. Over 35 million people have had an **optomap** image with no incidents reported attributable to a product problem.

How long will the test take?

Insert time



I've had this exam before

Some practices use fundus cameras to take a picture of the retina so it may be that you had one of these. Fundus cameras image approx 15% of the retina at one time compared to 80% with **optomap**

We recommend you have an **optomap** every time you have your eye exam so we can check your eyes are healthy.