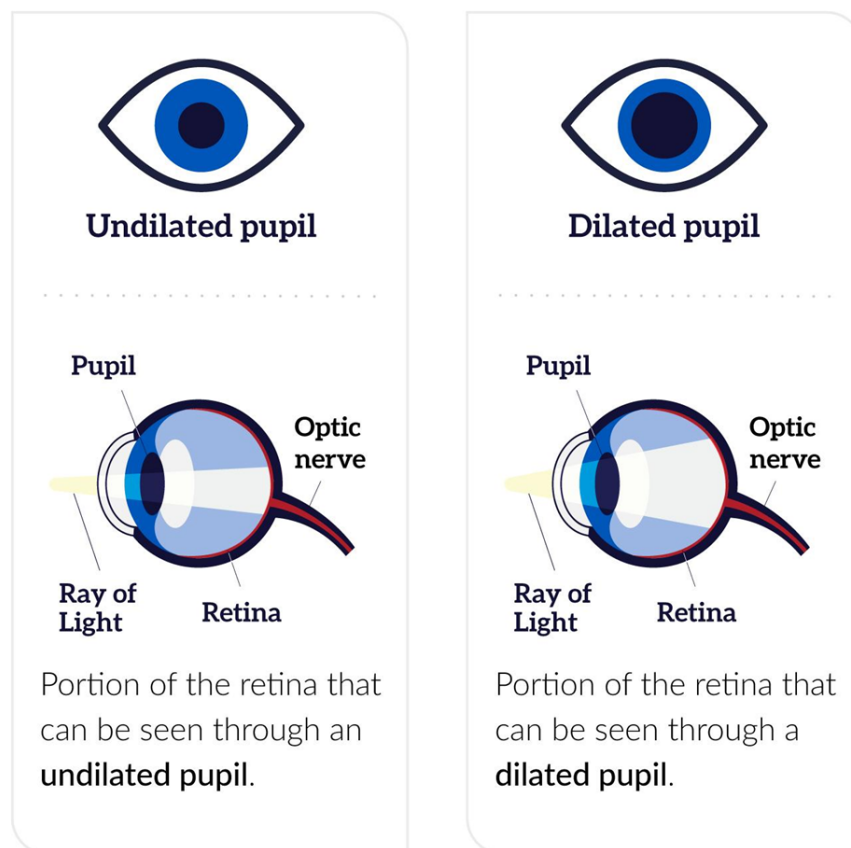


Hope they don't put those drops in my eyes and shine a bunch of bright lights??

If this question has run through your mind as you schedule your next eye examination, the answer will most likely be “yes” and we will explain why.

What you are describing is a dilated fundus exam (DFE), which is part of your comprehensive eye examination. The purpose of this procedure is to ensure that the health of the back of your eye (retina/fundus). In some cases it is performed to better determine your final glasses prescription.

For this examination two sets of drops are typically used to dilate (increase the size of your pupil) your eyes to allow your eyecare provider get the most optimal views of the back of your eye.



The drops usually take 15-20 minutes to effect. You will be informed of the 3 side effects of the eyedrops that can last from 2-4 hours:

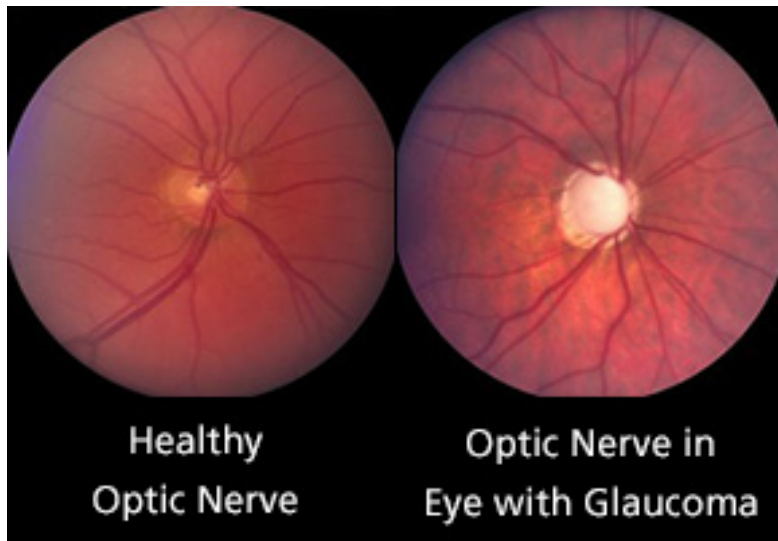
1. Blurry vision at near
2. Sensitivity to bright light
3. Enlarged pupil

Many diseases have no symptoms or warning signs so it is important to have your eyes dilated on a regular basis. Even if you feel like your vision is clear and that you are healthy you should get your eyes dilated to know for sure.

These are some conditions that can be diagnosed without the patient having any symptoms:



Diabetic retinopathy results from damage diabetes causes to the small blood vessels in the back of the eye (retina). It is the leading cause of vision loss in adults.



Glaucoma (*image from Glaucoma.org) In glaucoma there is typically elevated eye pressure (intra-ocular pressure) the compromises the health of the optic nerve. If left untreated, a person's peripheral vision can be significantly affected

Most patients should get their eyes dilated at least every 1-2 years. Your eyecare professional can provide you with the appropriate guidelines based upon different factors: severity of your glasses prescription, family history of glaucoma or other eye diseases, medical concerns, age and other factors that can put you at risk for developing diseases in the back of your eye.