

## WHAT TO EXPECT ON YOUR FIRST VISIT

Welcome and thank you for selecting our clinic for your eye care. As a first time patient, it will be necessary for our doctors to ask numerous questions and perform a number of baseline tests to obtain as much medical information as possible. The following information will help prepare you for your first visit.

1. Medical and Vision History (both personal and family)
  - be prepared to provide a medical and vision history including ALL prescription and over-the-counter medications
  - bring ALL current eyeglasses, contact lenses and care products
2. Contact Lens Wearers (CLW)
  - CLW are exposed to greater medical risks when wearing contact lenses. Therefore, additional medical testing will be required:
    - i. Fluorescein dye – special dye applied to the ocular surface used to detect abnormalities under microscopic examination
    - ii. Lid eversion – flipping of upper eyelids
3. Retina Imaging
  - specialized diagnostic procedure that captures an image of the peripheral and central retina for medical analysis
  - an important test for ALL patients with a personal/family history of macular degeneration, glaucoma, diabetes, and hypertension
4. Macuscope
  - novel instrument that measures the amount of protective pigment in the macula (part of retina responsible for central vision)
  - an important test for:
    - i. ALL patients with a family history of macular degeneration
    - ii. ALL patients 45 years of age and older
5. TearLab
  - novel lab-on-a-chip technology that will enable our eye doctors to test for highly sensitive and specific biomarkers in tears to diagnose dry eye disease and other ocular surface problems
6. Visual Field Testing (Computerized Peripheral Vision Testing)\*
  - automated peripheral vision test designed to detect vision problems caused by glaucoma, stroke and other eye or brain problems

*\*test may not be performed on same visit.*
7. Dilated Fundus Exam (DFE)
  - installation of drops (slight sting on insertion) that will temporarily enlarge your pupils ( 4 - 8 hrs.) to view peripheral parts of the back of your eye (retina)
  - be prepared for the dilating drops to:
    - i. enlarge your pupils, resulting in possible light sensitivity (bring sunglasses)
    - ii. blur your vision up close mostly - it would be best if you did not drive

Please be advised that first visits may take between **30 minutes and one hour** to be completed in full. Our doctors and technicians will do their best to ensure the efficient and effective delivery of your eye care. If you have questions, please feel free to call us at 416-966-1955. Thank you for your co-operation.