Treatment

☐ **Laser** (1/2 to 1 hour)

- We may dilate or *constrict* your pupils.
- We use a light beam to treat various eye disorders, such as, diseases of the retina, glaucoma, and clouding of the lens capsule following cataract surgery.
- It is a relatively painless procedure.

> *constrict:* to make the pupils smaller

☐ **Cryotherapy** (up to 1 hour)

- We may dilate your pupils.
- We freeze eye tissues as a way of treating certain eye disorders. (*'Cryo'* means to use cold as a therapy.)
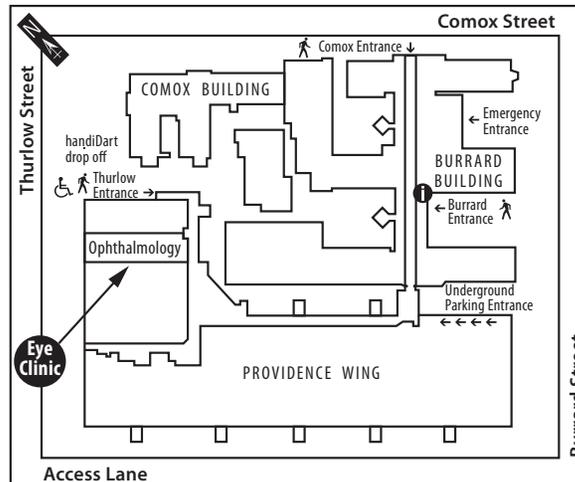- It is a relatively painless procedure.

Coming to St. Paul's Hospital

Parking can be difficult. There is limited parking in the hospital parking lot and most streets and lanes are for local residents with parking permits. There are some meter parking spots around the hospital as well as a few parking lots within walking distance.

For information on parking and transit:
- Go to www.providencehealthcare.ca
- Click on the tab *'Info for Patients + Residents'*.
- Select *'St. Paul's Hospital'*.
- Click on *'Parking + Transit'* on the left side bar.

For directions to Eye Clinic, ask at the Information Desk at the front of the hospital (off Burrard Street).

St. Paul's Hospital, Main floor (2nd floor)

How you want to be treated.

www.providencehealthcare.org

How you want to be treated.

Eye Clinic

Your appointment

Date: _____

Time: _____

> Please confirm your appointment
> at least 3 days before.
> Call 604-806-8168.

Where:

Eye Clinic (Ophthalmology)
Providence Building, Level 2
(From the hospital underground parking elevator, press Level 'M')

St. Paul's Hospital,
1081 Burrard Street,
Vancouver, BC

Bring to your appointment

- Your glasses
- Your contact lenses

If we put drops in your eyes to *dilate* your pupils, you should also bring:

- Your sunglasses
- Someone to drive you home

> *dilate:* to make the pupils larger

What we do

We examine people's eyes and do special tests to check for problems with your eyes (Diagnostic Testing). We also treat some specific eye disorders (Treatment).

This pamphlet includes:

- The different tests and treatments
- If we might put drops in your eyes to dilate your pupils
- The length of your appointment

For more details about your appointment with us, please ask your ophthalmologist.

St. Paul's Hospital is a place of learning. We have many students of health professions and some may be involved in your care.

Diagnostic Testing

☐ **Eye consultation** (1 hour)

- We may dilate your pupils.
- Complete eye examination done by an eye doctor and surgeon (an ophthalmologist).
- You complete an eye history form and give us a current list of any medicines you are taking.

☐ **Goldmann visual field** (1 hour)

- We may dilate your pupils. If we do, add 30 minutes.
- A technician maps your central and side vision using a series of lights. You let us know when you see each light.

☐ **Humphrey visual field** (1/2 hour)

- We may dilate your pupils. If we do, add 30 minutes.
- A computer maps your central and side vision using a series of lights. You let us know when you see each light.

☐ **Ocular motor function test** (1 hour)

- An *orthoptist* tests the muscle movement of your eyes. The orthoptist also checks to see if your eyes are working together.

> An *orthoptist* is a health care professional who identifies and treats problems with the muscles of the eye.

☐ **Fluorescein angiography** (1 hour)

- We dilate your pupils.
- We inject a dye into a vein in your arm.
- We take pictures of the blood flow in your eye.

☐ **Photography** (1/2 hour)

- We may dilate your pupils.
- We may do this as part of any of the other tests.
- We take colour photographs of the back of the eye.

☐ **Potential acuity meter** (1/2 hour)

- We dilate your pupils.
- We shine a bright light on the back of your eye and test your vision.

☐ **Optical coherence tomography** (1/2 hour)

- We may dilate your pupils.
- This is a scan that uses special beams of light to create images (or pictures) of the back of your eye (your retina) and your nerve for vision (the optic nerve). This scan helps us detect and treat glaucoma and retinal diseases.