

Informed Consent or Refusal for Dilated Fundus Exam

The purpose of a dilation is to better check the health of the inside of the eyes. This is accomplished by instilling eye drops into each eye to temporarily enlarge the pupils of the eyes.

The pupils are simply an entry way/opening to the inside of the eye. Looking through an *undilated* pupil is similar to looking into a room through a keyhole in the door; the doctor may only see about 20%-50% of what is inside. However, looking through a *dilated* pupil is like looking into a room through an open door; the doctor gets a complete view of the inside of the eye. This enables your doctor to better evaluate cataracts, glaucoma, and macular diseases such as diabetic retinopathy, macular degeneration, and high blood pressure.

A dilated fundus exam is recommended routinely at the time of your initial exam for baseline recording and usually every other full eye exam thereafter (about every 2-3 years). It is important to be dilated if you have any of the conditions listed below:

- Patients who have never had a dilation
- Diabetes or High Blood Pressure
- Spots/Floaters or Flashes of Light
- High nearsightedness
- Frequent Headaches or children with headaches
- Retinal disorders
- Patients over 50 years of age
- Sudden cloudiness in one eye

It takes approximately **20-30 minutes** for the drops to take effect. You will then notice a decrease in near vision when you try to read, and you will become light sensitive. The effects from the dilating drops usually **last 3-5 hours**. Because driving may be difficult immediately following an exam, you may wish to make arrangements with a driver. We will provide you with disposable sunglasses. Please keep in mind that you will be in the office with us for an additional half hour.