



## Children's eye test (refraction)

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**Your child needs a test for glasses (refraction) at their next appointment. This sheet explains what will happen at that visit.**

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### Eye drops

- Young children cannot give accurate responses in the way that adults are expected to, so the refraction test needs to be carried out after eye drops have been given.
- These drops dilate (widen) the pupil and relax the focusing muscles of your child's eyes – making it possible to do the test.
- The drops we use are called cyclopentolate 1% and will be put into both eyes.
- The drops may sting a little for about 20 seconds when first put in, which then settles down. It takes about 30 minutes for the full effect of the drops.
- Sometimes, it may be necessary to put another set of drops in the eyes, especially if your child has dark coloured eyes.
- The test for glasses can only be done once the drops have fully relaxed the eyes.

### The test

- The test is carried out in a dimly lit room.
- Your child only needs to look at a gentle light during the test and does not have to give any accurate responses.

### After the test

- If your child needs glasses, then you will be given a prescription to take to an optician and a follow up appointment will be arranged in the Orthoptic Department.
- Your child will be sensitive to sunlight for about 24 to 36 hours, until the full effect of the drops has fully worn off.
- It is useful to bring sunglasses or a peaked cap to the appointment.
- Close work may be blurred for the rest of the day. Focusing will return to normal by the next day.

- School age children can go back to school the same day but will not be able to see detailed close work clearly and this should be explained to the teacher.
- The pupil size may take up to two days to return to normal.

## Contact us

If you have any questions please ring 0118 322 7681

Monday to Friday between 8.30am and 4.30pm.

Email [rbb-tr.orthopticsreading@nhs.net](mailto:rbb-tr.orthopticsreading@nhs.net)

Orthoptic Department

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To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Orthoptic Department, October 2023

Next review due: October 2025