

Dayphasing Testing



UHN

Name: _____

Date of Test: _____

Time of Test: **8:00 a.m. to 9:00 p.m.**

Please call (416) 603-5805 if you need to cancel your appointment.

**Dayphasing Testing
Ophthalmology Clinic
Toronto Western Hospital
399 Bathurst Street
6th Floor, East Wing
Waiting Area B, Room #18**

What is Dayphasing?

Dayphasing is an all day eye test. Every hour, the technician will check your eye pressure. This will help your eye doctor determine the condition of your eyes as eye pressure changes throughout the day.

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University Health Network
Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

What do I need to do to prepare for the test?

- Please bring your OHIP and hospital card.
- Please bring ALL your **medications** as prescribed by your doctor(s) so you can continue to take them at the usual time throughout the day.
- Please bring ALL your **eye drops** as prescribed by your doctor(s) so you can continue to use them at the usual time throughout the day.
- Please bring a bottle of over-the-counter artificial tears (tear drops), for your personal use, as your eyes may feel dry throughout the day.
- Since you will be here from 8:00 a.m. to 9:00 p.m., please ensure you have food or money for meals (we do not provide a fridge or microwave).
- You are welcome to bring a companion, reading material, or any other quiet leisurely activity.
- If you need an interpreter for your appointment, please tell staff at the time of booking or call the clinic before your appointment.
- Do not wear contact lenses on the day of your test.
- If it is available to you, please pre-arrange your transportation home for after 9:00 p.m. We do not advise that you drive home as your eyes may be irritated and your vision may be slightly blurred after the whole day test.

What can I expect on the day of the test?

- Please come to the **Ophthalmology Clinic, 6th Floor, East Wing, Waiting Area B, Room #18.**
- You need to be here at 8:00 a.m. in order to start the test on time.
- There will be a sheet on the door; please sign in and have a seat.
- There are two scheduled meal breaks in the day for lunch and dinner. The technician will inform you of the time.
- As a part of the test, an eye drop will be administered to your eyes every hour. This drop will not affect your vision. If your eyes feel dry, you can use your artificial tears throughout the day.
- During testing hours, please do not drink any alcohol.

How do I get the results of the test?

Your doctor will discuss the results of your test at your next appointment.