

# Dayphasing Testing

## For patients preparing for this all-day eye test

Read this pamphlet to learn:

- about dayphasing testing
- how to prepare
- what to expect

Name: \_\_\_\_\_

Date of test: \_\_\_\_\_

Time of test: **7:30 am to 9:00 pm**

**Note:** Please call your referring doctor's office if you need to cancel your appointment.



## **What is Dayphasing?**

Dayphasing is an all-day eye test. Every hour the technician will check your eye pressure. This helps your eye doctor determine how the pressure in your eyes changes throughout the day.

## **How do I prepare for the test?**

### **What to bring:**

- Health card (OHIP) and identification
- ALL your medications as prescribed by your doctor(s) so you can continue to take them at the usual time throughout the day
- ALL your eye drops as prescribed by your doctor(s) so you can continue to use them at the usual time throughout the day
- A bottle of over-the-counter artificial tears (tear drops), for your personal use, as your eyes may feel dry throughout the day
- Food or money for meals
- We do not have a fridge or microwave and you will be here from 7:30 am to 9:00 pm
- If you like, bring a friend or family member, reading material, or any other quiet activity

### **Things to remember:**

- ✓ If you need an interpreter for your appointment, please tell staff at the time of booking or call the clinic before your appointment at 416 603 5038.
- ✓ Do NOT wear contact lenses on the day of your test.
- ✓ If you can, please arrange your transportation home for after 9:00 pm. 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:  
**Ophthalmology Technical Services, Fell Wing – 6th Floor.**
- Arrive at 7:30 am to check in and start your test on time.
- As a part of the test, we will put an eye drop into each of your eyes once 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 talk with you about the results of your test at your next appointment.

## Where to find us

Dayphasing Testing – Ophthalmology Technical Services  
Toronto Western Hospital  
399 Bathurst Street  
Fell Wing – 6th Floor  
Phone: 416 603 5038



### Have feedback about this document?

Please fill out our survey. Use this link: [bit.ly/uhn-pe](https://bit.ly/uhn-pe)

Visit [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca) for more health information. Contact [pfep@uhn.ca](mailto:pfep@uhn.ca) to request this brochure in a different format, such as large print or electronic formats.

© 2021 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.