

Refusal of Dilated Fundus Exam Form

What Is Pupillary Dilation?

Pupillary dilation is a process in which drops are instilled in the eyes to enlarge the pupils in an effort to better check the health of the inside of the eyes.

Why is Dilation Necessary?

The pupil is an opening in the iris (colored portion) through which doctors are able to see the back of the eye (retina). Without dilating the eyes, looking at the retina can be compared to trying to see a room through the keyhole of a door. Yes, you can generally see *something*, but the views are limited. Dilating the eyes is like opening the door to a room; it allows the doctor to have a complete view of the back portions of the eye.

What are Doctors Looking for During a Dilated Fundus Exam?

- Holes, Tears, or Detachments
 - If not caught and treated properly, these may lead to blindness
- Hemorrhages (or spots of blood)
 - The first signs of diabetes and high blood pressure can often be seen in the eyes
- Nevi (or freckles in the back of the eye)
- Additionally, in younger patients, dilation is one of the best ways to assess the proper glasses prescription, as it prevents the eyes from ‘over-focusing’.

What are the Side Effects of Dilation?

- Your eyes may be irritated for 30 seconds immediately following the instillation of the dilating drops.
- Your eyes will be sensitive to light for several hours (generally 2-4, but in rare cases up to 6).
- Patients without glasses for reading/near work will have difficulties focusing at near for 1-2 hours after dilation.
- In very rare cases, patients may experience pain and redness due to increase pressure in the eyes after dilation. If this happens, contact the doctor immediately.

Do I Have to Get My Eyes Dilated?

At Renewal, we recommend dilation for every new patient, regardless of age, and then at every subsequent comprehensive exam; that’s our standard of care. However, it is your right to refuse *any* treatment offered.

___ I understand the above and decline dilation at this time. I understand that potential for partial or total loss of vision may exist and, without dilation, may go undetected.

Signature: _____

Date: _____