Electrooculogram (EOG)

- **Dilation is required for this test.**
- **Purpose of the test** - This test measures the electrical changes within one layer of the retina which occur during dark-adaptation and light-adaptation. The EOG is used to detect and differentiate among several types of retinal dystrophies.
- **Test duration** - Approximately 1 hour and 30 minutes. Thirty (30) minutes of this estimate is needed to assure proper dilation. Therefore, if you have already been dilated during the course of a previous test or examination, this estimate will be thirty minutes shorter.
- **Testing procedure** - While your eyes are dilating, the skin near the corners of each eye will be cleaned with an alcohol solution and then 4 small electrodes will be taped in position. Another electrode will be placed behind your ear. You'll be positioned in front of an instrument and you'll be asked to follow two alternately flashing lights with your eyes for 15 seconds out of each minute for a total test time of 36 minutes. This test can be boring because of the requirement to remain still and also because of the monotonous yet important task.
- **What you should do before coming** - Contact lens wearers should wear spectacles on the day of EOG testing. You should also make transportation arrangements for leaving our office after the test.
- **Restrictions after testing** -
  - Because you will be dilated for this test, it is generally recommended that you not drive afterward until all the effects of dilation have worn off. These effects include "fuzzy vision", increased glare and brightness, increased sensitivity to light, and difficulty reading within arm's length.
  - Generally, you should experience no difficulties should you decide to return to your indoor job unless close-up visual tasks are a critical part of your job. Contact lens wearers should wear their spectacles for the remainder of the day.