

## Why is eye screening important?

Eye screening enables early detection of potentially sight-threatening eye conditions.

Many eye conditions go unnoticed in their early stages. It may be too late for treatment when your vision becomes affected.

Early detection and timely treatment of these conditions can often prevent permanent vision loss.

### This is especially important if you have:

- Diabetes Mellitus
- Family history of blinding eye conditions e.g. glaucoma, age-related macular degeneration
- High myopia (more than -6.00 dioptres or "600 degrees")

### Take care of your eyes. Have your eyes checked today.

#### Things to note:

- Please bring along your glasses during your appointment.
- You are advised not to wear your contact lenses for the screening.
- We will use eye drops that may temporarily blur your vision. Therefore screening will take about 2 hours to complete.
- You are also advised not to drive after the screening.

## What are these tests?

### Air puff tonometry

Checks the eye pressure using a non-contact device for basic glaucoma screening.

### Amsler grid test

Screens for abnormalities or distortion in the macular area responsible for central vision.

### Auto-refraction

Measures the refractive power of your eyes using a computerised device.

### Basic glaucoma screening test

Screens for obvious glaucoma changes using a series of investigative eye tests.

### Corneal pachymetry

Measures the corneal thickness of your eyes using a computerised device.

### Cover/uncover test

Detects squints (misaligned eyes) which may cause amblyopia (lazy eyes).

### Dry eye evaluation

Checks for the presence and the severity of dry eyes, a common eye condition in computer users, contact lens wearers, post-LASIK patients and the elderly.

### Heidelberg Retinal Tomography III scan

Three-dimensional imaging of the optic nerve head using an advanced computerised equipment.

### Humphrey Visual Field

Detects visual field defects in advanced glaucoma using a computerised instrument.

### Ishihara colour vision test

Checks for colour vision defects.

### Ocular motility evaluation

Evaluates eye movement abnormalities associated with squints (misaligned eyes), nerve and muscle diseases.

### Optical Coherence Tomography scan

Three-dimensional imaging of the retinal nerve fibre layers around the optic nerve head using an advanced computerised equipment.

### Red reflex examination

Screens for abnormalities in the ocular media such as cataract and retinal diseases.

### Refraction

Tests the refractive power of your eyes for the prescription of spectacles. Refraction with cycloplegia is a similar test for young children whereby their ciliary muscles (eye muscles) are relaxed by eye drops to obtain a more accurate reading.

### Retina & optic disc evaluation

A detailed examination of the back of your eyes to detect diseases such as age-related macular degeneration, diabetic retinopathy and glaucoma.

### Retinal photography

Detects eye conditions affecting your optic nerve, macula and retina by assessing photographs of the back of your eyes.

### Slit-lamp examination

Detects abnormalities such as corneal diseases and cataract by performing a detailed bio-microscopic examination of the front part of your eyes.

### Stereoacuity (Titmus test)

Measures the ability to perceive depth and visualise objects 3-dimensionally (stereo vision). Stereo vision may be abnormal in certain eye conditions such as squints (misaligned eyes) or amblyopia (lazy eyes).

### Visual acuity

Tests for distance vision using a Snellen chart or Sheridan-Gardner cards (for children) and near vision using an N-notation near test chart.

Disclaimer: Although these Eye Screening Packages are useful to detect common eye conditions, you are advised to consult an eye specialist for further examination if you have any concerns or eye symptoms.

## Contact information

### Ophthalmology and Visual Sciences (Clinic C)

**Alexandra Hospital**  
378 Alexandra Road • Singapore 159964

Main Line  
Tel: (65) 6472 2000 • Fax: (65) 6379 3880

Appointment Centre  
Tel: 6476 8828 • Fax: 6379 5348

[www.alexhosp.com.sg](http://www.alexhosp.com.sg)



Free Shuttle Service:  
Provided for visitors alighting at  
Queenstown MRT Station.

Buses Available at AH:  
SBS: 14, 33, 51, 93, 100, 195, 197,  
SMRT: 61

Buses Available at Alexandra Village:  
SBS: 14, 125, 147, 153, 190, 197,  
199,  
SMRT: 855, 961

### The Eye Clinic (Clinic E)

**Jurong Medical Centre**  
60 Jurong West Central 3 • Singapore 648346

Main Line  
Tel: (65) 6551 7888 • Fax: (65) 6551 7999

Appointment Centre  
(65) 6379 3899

[www.jurongmedicalcentre.com.sg](http://www.jurongmedicalcentre.com.sg)



MRT Station: Boon Lay  
Bus Interchange: Boon Lay

Buses:  
SBS: 30, 79, 154, 157, 174, 179,  
182, 192, 193, 194, 198, 199,  
405, 502, 507

SBS Feeder Services:  
240, 242, 243, 246, 249, 250,  
251, 252, 253, 254, 255, 257  
SMRT: 178, 180, 187

The information in this brochure is correct at the time of printing and subject to revisions without further notice.

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# Eye Screening Packages

For You & Your Loved Ones



# Our Eye Screening Packages

## Executive Yearly Eye Screening (EYES Package)



EYES is an eye screening programme for those who are concerned about their visual health. It consists of several tests aimed at the early detection of eye conditions such as changes in refractive errors (spectacles prescription), presbyopia (old-sightedness), cataract, glaucoma and age-related macular degeneration.

- Visual acuity (distance and near)
- Airpuff tonometry
- Auto-refraction
- Refraction by optometrist when indicated
- Amsler grid test
- Basic glaucoma screening test
- Slit-lamp examination
- Dilated retina and optic disc evaluation
- Retinal photography

**\$78\***

## Premium Executive Yearly Eye Screening (Premium EYES Package)



Premium EYES is a detailed eye screening programme that includes a comprehensive list of tests and clinical examinations by an eye specialist. It aims to detect eye conditions such as computer vision syndrome, refractive errors (spectacles prescription), presbyopia (old-sightedness), dry eyes, corneal diseases, cataract, glaucoma, age-related macular degeneration, diabetic retinopathy and other retinal diseases.

- Visual acuity (distance and near)
- Airpuff tonometry
- Auto-refraction
- Refraction by optometrist when indicated
- Ishihara colour vision test
- Amsler grid test
- Basic glaucoma screening test
- Ocular motility evaluation
- Slit-lamp examination
- Dry eye evaluation
- Dilated retina and optic disc evaluation
- Retinal photography

**\$108\***

## Kids' Eye Yearly Evaluation & Screening (Kids' EYES Package)



Kids' EYES is a programme designed especially for children aged 16 years and below to detect eye conditions such as amblyopia (lazy eyes), strabismus (squints), myopia (short-sightedness), hyperopia (long-sightedness) and other eye conditions such as childhood cataract and retinal diseases. Depending on the age of the patient, relevant eye tests will be done as indicated.

- Visual acuity (Snellen/Sheridan-Gardiner)
- Auto-refraction
- Refraction (with cycloplegia if necessary)
- Stereoacuity (Titmus test)
- Cover/uncover test
- Ocular motility evaluation
- Red reflex examination
- Slit-lamp examination by eye specialist
- Dilated retina and optic disc evaluation by a paediatric ophthalmologist
- Retinal photography (if possible)

**\$88\***

## Glaucoma Screening Test\* (GST Package)



Glaucoma is an irreversible degenerative disease of the optic nerve that presents no symptoms in its earlier stages, and it can lead to loss of vision. Glaucoma can affect everyone and is most prevalent in adults over 50 years old. People who have diabetes, family history of glaucoma, as well as significant nearsightedness are at a higher risk for glaucoma and are highly recommended for regular screenings. Much like hypertension and cholesterol screening, the benefits of early detection and timely treatment are substantial to halt the progression of the disease and prevent or delay visual impairment.

- Visual Acuity (distance)
- Airpuff tonometry
- Auto-refraction
- Humphrey Visual Field
- Heidelberg Retinal Tomography III scan
- Optical Coherence Tomography scan
- Corneal Pachymetry
- Slit-lamp examination
- Dilated retina and optic disc evaluation
- Retinal photography

**\$138\***

\* All prices are exclusive of GST.  
 \* Glaucoma Screening Test is available in Alexandra Hospital only.