

## After Your ERG

### *Self-care after an electroretinogram test*

*This handout explains self-care after an ERG. It describes symptoms you may have, and tells when to call the doctor.*

### Eye Care

After an ERG test:

- Do **not** wear your contact lens for at least 1 day.
- Do **not** scratch your eye. Use artificial tears to moisten your eye if it feels itchy. You can buy these at a drugstore without a prescription.
- Do **not** drive.
- Do **not** do anything that might be hazardous. Your vision may be blurry.

### Symptoms to Watch For

After an ERG, you may have 1 or more of these symptoms:

- Blurry vision in the eye that was tested. This blurriness may last for several hours.
- Your pupil may stay dilated for 2 days or longer.
- Bright lights may bother your eyes. If they do, try wearing sunglasses.



*Wear sunglasses if bright lights bother your eyes.*

- Your eye may feel itchy and look red because it is irritated from the numbing medicine or the contact lens.

These symptoms are short-term and will go away on their own.

## **When to Call the Doctor**

In rare cases, you may have a *corneal abrasion* (a scratch on the surface of your eye). Most times, this will heal and go away in 2 days.

Keep your eye covered. Use artificial tears to moisten your eye and ease the irritation. Call your ophthalmologist or your doctor who ordered the ERG if pain from a corneal abrasion does not go away.

## **Test Results**

We will send your test results to your doctor who referred you for this test. Your doctor will talk with you about your results.

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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