

Understanding stereograms

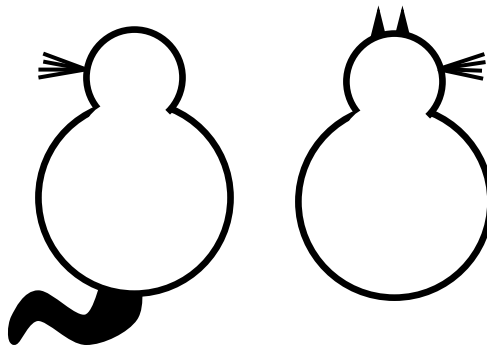
This leaflet explains how to do some eye exercises to help with eye strain and double vision. If you have any further questions or concerns, please do not hesitate to contact 020 7188 4299, and leave a message on our answer phone.

What are stereogram exercises?

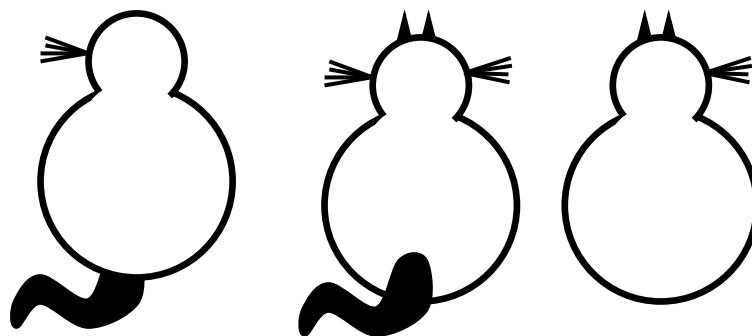
Stereogram eye exercises can help to improve the symptoms of convergence insufficiency (a condition where your eyes struggle to maintain their ability to work together as a pair). A stereogram is two incomplete images which can be joined into one complete image and vice versa. Your Orthoptist (a health professional trained in visual development and eye movement) will explain and demonstrate this exercise for you.

Stereogram cards (cat)

- Hold the card at arms length at the same level as your eyes.
- Place a pen on the card between the two cats; slowly move the pen towards you concentrating on the tip of the pen, which should always remain as a single image.



- Be aware of the cats but do not look directly at them, you should notice that the cats are becoming double (i.e. four cats) as you bring the pen closer, the two middle cats will merge and you will have three cats. The centre cat should be complete.



- Try to hold the three cats steady and make them as clear as possible but not everyone manages this. Eventually you may be able to take the pen away and still continue to see three cats.

Other stereogram cards you might be given include the Bucket and ABC rings.

Useful sources of information

www.squintclinic.com - the videos are very helpful
www.orthoptics.org.uk

Contact us

If you have any questions or concerns please contact the **Orthoptic department on 020 7188 4299**, and leave a message on our answer phone. We aim to get back to you within three working days. (Monday-Friday 9am-5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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