Manchester Royal Eye Hospital
Optometry services

Information for Patients

Your Hand Magnifier

Use of Your magnifier

It is important that the magnifier is held at the correct distance from the object you are looking at. Place your magnifier flat on the page and then bring it slowly towards you to get the clearest image. If your device has a light in it, ensure it is switched on whilst using.

Always look through the centre of the magnifier. The closer your magnifier is to your eye/glasses, the more words you will be able to see through it.

Try using the magnifier with and without your glasses then stick with which ever feels best.

Helpful hints for using your magnifier

- Do not be discouraged if reading seems difficult at first. Start to use the magnifier by practising for a few minutes, several times a day. You cannot harm or weaken your eyes by using the magnifier; use it as much as you want to.
- So as not to lose your place when you reach the end of a line, either follow back along the line you have just read before moving down to the next one or keep your finger on the left edge of the page next to the line you are reading.
- It might be easier to move the magnifier across the page as you read or hold your head and the magnifier steady and move the print.

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- At first, it might be necessary to keep the eye steady by looking at each individual letter of a word, moving from one letter to the next in order to build up the whole word.
- Covering one eye might allow you to read more easily by helping your best eye to concentrate on the print. You could use a patch or a tissue over your glasses lens.
- Good lighting will help to make reading easier. A ceiling lamp (even if it is bright) is **not** sufficient. A desk lamp, ideally with LED bulbs, should be positioned so that the light falls directly onto the page of print and is not shining into your eyes.

If your device has a light in it (illuminated) ensure your finger is not covering the light during use. If the light seems dimmer than usual, try changing the batteries. If that does not work or you are unsure how to do this please contact the department.

If your device stops working you may not need to come in to the clinic, please call for advice first.

For further advice you can call **(0161) 276 5535** please leave a message and a member of staff will get back to you, or e-mail low.vision@mft.nhs.uk.

Hand magnifier



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