

Schirmer's test

The Schirmer test is used to assess the **amount of tear production** . Special strips of filter paper (5 × 35 mm, 5 mm folded from the end) are inserted into the lower conjunctival sac of both eyes (at the interface of the outer and middle third). After **5 minutes**, we evaluate the length of the wet section, with normal reflex formation of the aqueous component of tears, it should be **longer than 10 mm** . It is mainly used in the diagnosis of dry eye syndrome .

Test Variants:

- **Schirmer's test Even without anesthetic** - measures both basal and reflex secretion
- **Schirmer's test I with anesthetic** - measures only basal secretion, tells about the activity of accessory glands (dysfunction in inflammation , eg in sarcoidosis , Sjörger's syndrome)
- **Schirmer's test II with anesthetic** - measures the reflex secretion of tears when irritating the nasal mucosa

Links

Related Articles

- Tear film
- Dry eye syndrome
- Break-up time test

References

- ROZSÍVAL, Pavel. *Oční lékařství*. 1. edition. Galén, Karolinum, 2006. ISBN 80-7262-404-0, 80-246-1213-5.
- VOKURKA, Martin. *Velký lékařský slovník*. 7. edition. Maxdorf, 2007. 0 pp. ISBN 978-80-7345-130-1.

External links

- Schirmer dry eye test video (<https://www.youtube.com/watch?v=FX0uS9iMCXM>)