

# COA Ophthalmic Tech Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which type of herpes simplex virus usually produces genital infections?**
  - A. Type 1**
  - B. Type 2**
  - C. Type 3**
  - D. Type 4**
  
- 2. What instrument is used to measure proptosis or exophthalmos in millimeters?**
  - A. Ophthalmoscope**
  - B. Exophthalmometer**
  - C. Retinoscope**
  - D. Tonometry**
  
- 3. Which of the following agents is used to treat wet age-related macular degeneration?**
  - A. Antibiotics**
  - B. Corticosteroids**
  - C. Anti-VEGF agents**
  - D. Antiviral medications**
  
- 4. Which of the following surgical instruments is used to grab small tissues for either tissue removal or suture insertion?**
  - A. Clamps**
  - B. Curets**
  - C. Forceps**
  - D. Scissors**
  
- 5. What does pachymetry measure in the cornea?**
  - A. Corneal surface irregularities**
  - B. The distance between epithelium and endothelium**
  - C. The curvature of the cornea**
  - D. The transparency of the cornea**

- 6. Which of the following tests might be administered before a glare test?**
- A. Visual Acuity Test**
  - B. Pupil Response Test**
  - C. Optical Coherence Tomography**
  - D. Color Vision Test**
- 7. What is the primary function of the sphincter muscle of the iris?**
- A. To dilate the pupil**
  - B. To constrict the pupil**
  - C. To stabilize the lens**
  - D. To support the cornea**
- 8. What is the purpose of a mapping system in measuring the visual field?**
- A. To create colorful diagrams for patient education**
  - B. To diagnose and monitor diseases of the eye**
  - C. To enhance the clarity of vision**
  - D. To predict future vision loss**
- 9. Which condition is generally not a contraindication for refractive surgery?**
- A. Diabetes**
  - B. Severe dry eyes**
  - C. Glaucoma**
  - D. Uncontrolled autoimmune diseases**
- 10. Which technique focuses on preventing infection during surgeries by maintaining sterility?**
- A. Aseptic technique**
  - B. Universal precautions**
  - C. Septic technique**
  - D. Personal protection**

## Answers

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1. B
2. B
3. C
4. C
5. B
6. A
7. B
8. B
9. C
10. A

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## **Explanations**

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**1. Which type of herpes simplex virus usually produces genital infections?**

- A. Type 1
- B. Type 2**
- C. Type 3
- D. Type 4

Herpes simplex virus type 2 is primarily associated with genital infections. This virus typically leads to the development of painful blisters and ulcers in the genital and anal areas. The transmission usually occurs during sexual activity, making this a relevant factor in public health education concerning sexually transmitted infections. While herpes simplex virus type 1 can cause oral herpes (cold sores) and occasionally lead to genital infections through oral-genital contact, it is predominantly known for affecting the mouth and lips. Types 3 and 4 do not typically contribute to genital infections, as they are associated with chickenpox (type 3) and Epstein-Barr virus (type 4), respectively. Therefore, the specificity of herpes simplex virus type 2 in causing genital infections makes it the correct answer.

**2. What instrument is used to measure proptosis or exophthalmos in millimeters?**

- A. Ophthalmoscope
- B. Exophthalmometer**
- C. Retinoscope
- D. Tonometry

The instrument specifically designed to measure proptosis or exophthalmos is known as the exophthalmometer. This tool is essential in assessing the degree of bulging of the eye, which can be an important indicator of various ocular conditions, such as Graves' disease or other thyroid-related disorders. The exophthalmometer typically features a scale that allows the clinician to take precise measurements in millimeters, which helps in diagnosing and monitoring conditions that lead to eye prominence. By positioning the device in front of the patient's eyes, the clinician can gauge the distance the eye protrudes from the orbital rim, providing valuable data for clinical evaluation. Other instruments listed, such as the ophthalmoscope, are primarily used for examining the interior structures of the eye; retinoscopes are utilized in refraction to determine a patient's prescription for glasses; and tonometry is focused on measuring intraocular pressure. While all these tools are important in ophthalmology, none are designed for the specific purpose of measuring proptosis as accurately as the exophthalmometer.

**3. Which of the following agents is used to treat wet age-related macular degeneration?**

- A. Antibiotics**
- B. Corticosteroids**
- C. Anti-VEGF agents**
- D. Antiviral medications**

Wet age-related macular degeneration (AMD) is a condition characterized by the growth of abnormal blood vessels beneath the retina, which can leak fluid and lead to vision loss. To address this issue, anti-VEGF (vascular endothelial growth factor) agents are specifically designed to inhibit the action of VEGF, a protein that promotes this abnormal growth of blood vessels. By blocking VEGF, these agents help to reduce leakage and swelling in the retina, stabilizing or even improving vision in patients with wet AMD. The other agents mentioned, such as antibiotics, corticosteroids, and antiviral medications, are not effective in treating wet AMD. Antibiotics are primarily used to treat infections, corticosteroids can reduce inflammation but do not target the underlying issue of abnormal blood vessel formation in this condition, and antiviral medications are aimed at viral infections and have no role in the management of wet AMD. Hence, the use of anti-VEGF agents is critical in the treatment strategy for this type of macular degeneration, making them the correct choice for this question.

**4. Which of the following surgical instruments is used to grab small tissues for either tissue removal or suture insertion?**

- A. Clamps**
- B. Curets**
- C. Forceps**
- D. Scissors**

The correct answer, forceps, plays a vital role in surgical procedures as they are designed specifically for grasping and manipulating small tissues. They provide the surgeon with the necessary control and precision needed to hold tissue securely during tasks such as tissue removal or the delicate process of suture insertion. Forceps come in various types and designs, tailored for specific functions and tissues, allowing for better handling and visibility during surgery. In contrast, clamps are primarily used to occlude blood vessels or tissues to prevent bleeding, not for gripping small tissues. Curets are specialized instruments used for scraping or debriding tissue rather than grasping. Scissors are intended for cutting and do not have the gripping capabilities that forceps provide. Thus, forceps are the most suitable tool for the effective manipulation and secure handling of small tissues in surgical settings.

## 5. What does pachymetry measure in the cornea?

- A. Corneal surface irregularities
- B. The distance between epithelium and endothelium**
- C. The curvature of the cornea
- D. The transparency of the cornea

Pachymetry is a diagnostic procedure specifically designed to measure the thickness of the cornea. This measurement is taken from the outermost layer of the cornea, the epithelium, to the innermost layer, the endothelium. The importance of this measurement is particularly evident in various eye conditions, such as glaucoma and keratoconus, where corneal thickness can provide critical information about disease progression, risk, and management. Understanding the thickness of the cornea can influence treatment decisions, especially in procedures such as LASIK, where adequate corneal thickness is essential to ensure patient safety and optimal outcomes. By assessing the distance between the epithelial and endothelial layers, healthcare professionals can obtain vital insights into corneal health and overall intraocular pressure considerations. In contrast to this, measuring corneal surface irregularities, curvature, or transparency would require different techniques, such as topography for surface mapping or combined assessments with other instruments. Thus, the original response highlighting the measurement of the distance between the epithelium and endothelium succinctly captures the purpose of pachymetry, clarifying its significance in ocular assessments.

## 6. Which of the following tests might be administered before a glare test?

- A. Visual Acuity Test**
- B. Pupil Response Test
- C. Optical Coherence Tomography
- D. Color Vision Test

A visual acuity test is often administered before a glare test because it establishes the baseline for the patient's vision. This initial assessment measures how well the patient can see at various distances, providing crucial information about their current level of vision without any additional factors influencing the results, such as glare. By conducting the visual acuity test first, the practitioner can ensure that any changes in visual performance noted during the glare test are not due to pre-existing visual deficits but rather the effects of glare itself. This systematic approach helps in accurately diagnosing any glare-related vision issues and understanding how they impact the patient's overall visual function. Other tests, while valuable in their own right, do not serve the same purpose as a baseline assessment. The pupil response test evaluates how the pupils react to light, which is not directly related to visual acuity. Optical coherence tomography is an imaging test used for detailed examination of the retina, and the color vision test assesses the ability to distinguish colors, neither of which directly measure the overall clarity of vision or its performance under glare conditions.

**7. What is the primary function of the sphincter muscle of the iris?**

- A. To dilate the pupil**
- B. To constrict the pupil**
- C. To stabilize the lens**
- D. To support the cornea**

The primary function of the sphincter muscle of the iris is to constrict the pupil. This muscle is located in the iris of the eye and is responsible for reducing the size of the pupil when it contracts. This process occurs in response to bright light or when focusing on nearby objects, helping to control the amount of light that enters the eye and improving visual acuity in well-lit conditions. By constricting the pupil, the sphincter muscle also contributes to the depth of field, allowing for clearer vision when observing objects at varying distances. In conjunction with the dilator muscles of the iris, which work to dilate the pupil, the sphincter muscle plays a crucial role in maintaining optimal vision by adjusting to changes in light and focusing requirements.

**8. What is the purpose of a mapping system in measuring the visual field?**

- A. To create colorful diagrams for patient education**
- B. To diagnose and monitor diseases of the eye**
- C. To enhance the clarity of vision**
- D. To predict future vision loss**

The purpose of a mapping system in measuring the visual field is primarily focused on diagnosing and monitoring diseases of the eye. By using techniques such as automated perimetry, practitioners can assess the extent and sensitivity of a patient's peripheral vision, which is crucial for identifying conditions like glaucoma, retinal issues, or neurological disorders that can affect vision. By accurately mapping the visual field, healthcare providers can track changes over time, allowing them to determine the progression of these diseases and to develop appropriate treatment strategies. The data gathered from visual field tests can help in assessing how well a patient's condition is being managed and in making prognoses about future vision capabilities based on current findings. Other options do not align with the primary function of a mapping system. Creating colorful diagrams for patient education may be a nice adjunct but is not the main purpose of visual field mapping. Enhancing clarity of vision relates more to refractive errors and corrections rather than field assessment. Predicting future vision loss might be a secondary benefit but is not the direct purpose of using a mapping system.

**9. Which condition is generally not a contraindication for refractive surgery?**

- A. Diabetes**
- B. Severe dry eyes**
- C. Glaucoma**
- D. Uncontrolled autoimmune diseases**

Glaucoma is generally not considered a contraindication for refractive surgery because the procedure primarily focuses on correcting refractive errors such as myopia, hyperopia, and astigmatism, rather than directly affecting intraocular pressure or the structures affected by glaucoma. Patients with controlled glaucoma often undergo refractive surgery successfully, as long as their condition is stable, and they are under proper management. In contrast, conditions like diabetes, severe dry eyes, and uncontrolled autoimmune diseases may pose greater risks during and after refractive surgery. Diabetes can lead to complications with wound healing and increased risk of infection. Severe dry eyes can significantly affect visual outcomes post-surgery, and uncontrolled autoimmune diseases may compromise healing and increase the risk of complications. Therefore, while glaucoma requires careful consideration, it does not inherently preclude a patient from being a candidate for refractive surgery the way the other conditions can.

**10. Which technique focuses on preventing infection during surgeries by maintaining sterility?**

- A. Aseptic technique**
- B. Universal precautions**
- C. Septic technique**
- D. Personal protection**

The technique that focuses on preventing infection during surgeries by maintaining sterility is the aseptic technique. This practice is crucial in surgical procedures as it aims to create and maintain a sterile environment to minimize the risk of infection to both the patient and the surgical team. Aseptic technique involves various practices and procedures designed to eliminate all potential sources of microorganisms, including proper handwashing, wearing sterile gloves, using sterile instruments, and preparing the surgical site appropriately. By following the aseptic technique, healthcare professionals ensure that the surgical area remains free from harmful pathogens, significantly lowering the chances of postoperative infections. Other techniques mentioned do play important roles in healthcare. For example, universal precautions refer to a set of guidelines designed to prevent the transmission of infectious diseases, primarily focusing on the handling of blood and other bodily fluids. Septic technique, while it might imply managing infection already present, does not focus on prevention in the same systematic way as aseptic technique does. Personal protection encompasses the use of protective gear but does not specifically relate to maintaining sterility in the environment of a surgical procedure.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://coaophthalmictech.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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