

COA OPHTHALMIC TECH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. What is the condition known as when the orbital contents swell, pushing the eyeball forward?**
 - A. Exophthalmos (proptosis)
 - B. Amyloidosis
 - C. Pterygium
 - D. Ptosis
- 2. What term describes the horizontal eye movement that turns the eye laterally?**
 - A. Adduction
 - B. Elevation
 - C. Abduction
 - D. Depression
- 3. Who routinely fills prescriptions for eyeglasses?**
 - A. Ophthalmologist
 - B. Optician
 - C. Optometrist
 - D. Orthoptist
- 4. What antiseptic solution can be used for disinfecting a patient's skin?**
 - A. Povidone-iodine only
 - B. Benzalkonium chloride only
 - C. All of the above
 - D. Iodine only
- 5. An allergic reaction related to contact lens wear is most often due to what?**
 - A. A material the lens is made of
 - B. A preservative or disinfectant chemical in a lens solution
 - C. The lens's curvature
 - D. The environmental conditions during wear

6. Which of the following best describes the role of the trabecular meshwork?

- A. Transports nutrients to the retina
- B. Drains aqueous humor from the eye
- C. Produces the vitreous humor
- D. Helps with lens accommodation

7. What is Latent Strabismus more commonly referred to as?

- A. Exotropia
- B. Phoria
- C. Esotropia
- D. Heterotropia

8. What is esophoria?

- A. An outward deviation of the eye
- B. An inward deviation of the eye when covered
- C. A focusing issue with distance vision
- D. A type of color blindness

9. In which situation is significant haze likely to occur during a LASIK procedure?

- A. The flap is too thin
- B. The flap is too thick
- C. The vision is not corrected
- D. Excessive laser time is used

10. What is the first step in performing manual lensometry or keratometry?

- A. Align the optics
- B. Focus the eyepiece
- C. Calibrate the instrument
- D. Measure pupil distance

Answers

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

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Explanations

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1. What is the condition known as when the orbital contents swell, pushing the eyeball forward?

- A. Exophthalmos (proptosis)**
- B. Amyloidosis
- C. Pterygium
- D. Ptosis

Exophthalmos, also known as proptosis, refers to the abnormal protrusion of the eyeball from the eye socket (orbit). This condition typically occurs when there is swelling or inflammation of the orbital contents, which can result from various underlying conditions, most notably thyroid eye disease (Graves' disease). When the tissues around the eye become inflamed or swollen, they push the eyeball forward, leading to the characteristic appearance associated with exophthalmos. Understanding the nature of exophthalmos is crucial, as it can be a sign of more severe health issues and requires medical evaluation. The forward displacement of the eyeball can affect vision, eyelid function, and in some cases, lead to exposure keratopathy, where the cornea gets damaged due to exposure. The other choices do not pertain to this particular condition. Amyloidosis involves protein deposits in various tissues, pterygium is a growth on the conjunctiva that can affect the cornea but does not cause the eyeball to protrude, and ptosis refers to the drooping of the eyelid rather than any displacement of the eyeball itself. Each of these terms addresses different anatomical and pathological issues of the eye, but only exophthalmos

2. What term describes the horizontal eye movement that turns the eye laterally?

- A. Adduction
- B. Elevation
- C. Abduction**
- D. Depression

The term that describes the horizontal eye movement turning the eye laterally is "abduction." This movement occurs when the eye rotates away from the midline of the body, effectively increasing the angle between the line of sight and the nose. This lateral movement is primarily controlled by the lateral rectus muscle, which is innervated by the abducens nerve (cranial nerve VI). Understanding eye movements is crucial in ophthalmology and vision science, as these actions are essential for proper visual tracking and depth perception. The concept of abduction helps to differentiate it from other eye movements such as adduction, which refers to moving the eye toward the midline, elevation, which is the upward movement of the eye, and depression, which is the downward movement. Each of these terms plays a significant role in describing and diagnosing various ocular conditions, as well as understanding the mechanics of vision and eye health.

3. Who routinely fills prescriptions for eyeglasses?

- A. Ophthalmologist
- B. Optician**
- C. Optometrist
- D. Orthoptist

The role of an optician is specifically focused on the dispensing of eyeglasses and contact lenses. Opticians are trained to interpret prescriptions provided by ophthalmologists or optometrists and are responsible for fitting, adjusting, and repairing eyewear. They ensure that the lenses are made to the correct specifications and that the frames fit properly on the patient. This is a vital part of providing visual correction and enhancing the patient's overall experience with their eyewear. In contrast, ophthalmologists are medical doctors who specialize in eye surgery and the treatment of eye diseases, and while they may prescribe glasses, their primary focus is not on dispensing them. Optometrists perform eye exams and write prescriptions for glasses and contact lenses, but they do not typically fill those prescriptions themselves. Orthoptists specialize in the diagnosis and treatment of vision problems related to eye movement and coordination, and do not engage in the dispensing of eyeglasses. This is why the best answer to the question is that the optician routinely fills prescriptions for eyeglasses.

4. What antiseptic solution can be used for disinfecting a patient's skin?

- A. Povidone-iodine only
- B. Benzalkonium chloride only
- C. All of the above**
- D. Iodine only

The use of antiseptic solutions for disinfecting a patient's skin is crucial in medical settings to prevent infection during procedures. Povidone-iodine and benzalkonium chloride are both effective antiseptics, each with distinct properties that make them suitable for use in skin disinfection. Povidone-iodine is a broad-spectrum antiseptic that works effectively against bacteria, viruses, and fungi. It is commonly used before surgeries and injections due to its immediate action and residual antimicrobial effect. The combination of iodine and a carrier complex makes it stable and safe for skin application while providing a strong disinfecting capability. Benzalkonium chloride, on the other hand, is a quaternary ammonium compound with antimicrobial activity, effective against a variety of pathogens. It is often used for disinfecting skin in situations where alcohol-based products might be unsuitable, providing a non-stinging option that is gentle on the skin. By stating that all of these antiseptics can be used for disinfecting a patient's skin, the correct choice acknowledges the versatility and safety of both povidone-iodine and benzalkonium chloride in clinical practice. Each option serves a purpose under different scenarios, illustrating the importance of understanding the specific applications of different antiseptic solutions in healthcare.

5. An allergic reaction related to contact lens wear is most often due to what?

- A. A material the lens is made of
- B. A preservative or disinfectant chemical in a lens solution**
- C. The lens's curvature
- D. The environmental conditions during wear

The most common cause of an allergic reaction related to contact lens wear is often due to preservatives or disinfectant chemicals found in lens solutions. Many multipurpose solutions and disinfectants contain preservatives, such as benzalkonium chloride, which can cause irritation and an allergic response in sensitive individuals. These chemicals are essential for ensuring hygiene and preventing microbial growth, but they can also lead to complications, especially when lenses are worn for extended periods or if the individual has a sensitivity to those specific ingredients. Other factors, while possible contributors to ocular discomfort or irritation, do not typically lead to true allergic reactions. For example, the material from which the lens is made can indeed cause some problems like deposits or discomfort, but it is typically related to incompatibility rather than an allergy. The curvature of the lens mainly impacts the fit and vision correction and is not associated with allergic reactions. Environmental conditions during wear might contribute to discomfort but are not directly responsible for allergic responses related to the materials or chemicals used in lens care solutions.

6. Which of the following best describes the role of the trabecular meshwork?

- A. Transports nutrients to the retina
- B. Drains aqueous humor from the eye**
- C. Produces the vitreous humor
- D. Helps with lens accommodation

The trabecular meshwork is a vital structure within the eye, primarily involved in the drainage of aqueous humor. Aqueous humor is the clear fluid produced by the ciliary body that fills the space in the front part of the eye, contributing to intraocular pressure and providing nutrients to the avascular structures, such as the cornea and lens. The trabecular meshwork acts as a filtering system, allowing the aqueous humor to exit the eye into the Schlemm's canal, which ultimately leads to the bloodstream. This drainage mechanism is crucial for maintaining optimal intraocular pressure. If the trabecular meshwork is not functioning properly, it can lead to conditions such as glaucoma, characterized by increased intraocular pressure and potential damage to the optic nerve. Therefore, the primary role of the trabecular meshwork in draining aqueous humor directly relates to eye health and function. The other roles listed in the options do not pertain to the trabecular meshwork. For instance, nutrient transport to the retina is typically conducted by other vascular structures, while production of the vitreous humor occurs in the vitreous body, and the lens accommodation process is enabled by the ciliary muscles, not the trabecular meshwork.

7. What is Latent Strabismus more commonly referred to as?

- A. Exotropia
- B. Phoria**
- C. Esotropia
- D. Heterotropia

Latent strabismus is commonly referred to as phoria. Phoria represents a condition where there is a tendency for the eyes to deviate from proper alignment when fusion is disrupted or when one eye is covered. Unlike manifest strabismus, which is consistently present, phoria appears only under certain conditions, such as when the visual system is not under full demand or when the eyes are not simultaneously focusing on an object. Understanding this concept is essential, as phoria can indicate underlying issues with ocular alignment or muscle control, which may not be visible during routine examination when both eyes are open and working together. Regular assessment of phorias can help detect latent strabismus, allowing for appropriate intervention, such as vision therapy or corrective prisms, to improve visual function. The other terms listed, like exotropia and esotropia, refer to types of manifest strabismus, where the deviation is constant and observable. Heterotropia can be a broader term for eye misalignment, but it doesn't specifically describe the latent aspect of strabismus that phoria does.

8. What is esophoria?

- A. An outward deviation of the eye
- B. An inward deviation of the eye when covered**
- C. A focusing issue with distance vision
- D. A type of color blindness

Esophoria is defined as an inward deviation of the eye when one eye is covered, which is precisely described by the correct choice. This condition reflects a latent tendency for the eye to turn inwards, which may become apparent when binocular vision is disrupted by occluding one eye. It is important to differentiate esophoria from other forms of strabismus, such as esotropia, where the eye is continuously misaligned. In esophoria, the misalignment only appears under specific conditions. This understanding of esophoria is important in clinical practice and assessment since detecting and diagnosing phorias can help in the analysis of binocular vision and alignment issues. It assists in determining the appropriate treatment approaches, whether through vision therapy or corrective lenses, to improve visual function and comfort.

9. In which situation is significant haze likely to occur during a LASIK procedure?

- A. The flap is too thin**
- B. The flap is too thick
- C. The vision is not corrected
- D. Excessive laser time is used

Significant haze during a LASIK procedure is most likely to occur when the flap created on the cornea is too thin. A thin flap can leave the underlying tissue vulnerable and may not adequately support the healing process after the laser ablation. This can lead to excessive scarring and haze as the corneal tissue heals. The issue stems from the fact that a thin flap can disrupt the normal healing dynamics of the cornea, causing more inflammation and resulting in a clouded appearance. Ensuring the correct flap thickness is critical for optimal healing and visual outcomes. Typically, an optimal flap thickness can help maintain the structural integrity of the cornea and minimize the risk of complications such as haze, thereby promoting clearer vision post-operatively.

10. What is the first step in performing manual lensometry or keratometry?

- A. Align the optics
- B. Focus the eyepiece**
- C. Calibrate the instrument
- D. Measure pupil distance

The first step in performing manual lensometry or keratometry is to focus the eyepiece. This step is crucial because it ensures that the examiner has a clear view of the reticle or scale within the instrument. Proper focusing of the eyepiece allows for accurate readings when measuring the lens or corneal curvature. By adjusting the eyepiece to personal eyesight needs, the technician can minimize errors due to parallax or blurriness, which could compromise the precision of subsequent measurements. The alignment of optics, calibration of the instrument, and measuring pupil distance are important tasks that follow but do not constitute the foundational first step necessary for an effective measurement process. Properly focusing the eyepiece sets the stage for the other steps, ensuring that the operator is looking through a correctly adjusted viewfinder.

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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.

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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