

## Information for Patients

# Day Phasing

## What is day phasing and why do I need it?

Day phasing is the measurement of your eye pressure, which takes place at two hourly intervals during the day. The pressure of your eye can vary, sometimes quite significantly during the day. If your eye pressures are borderline or if your glaucoma is progressing despite normal eye pressure measurements in clinic, it might be necessary to assess this over a whole day. The clinical team will review the day's measurements and decide on the most appropriate treatment for you.

## What to expect during the icare, home phasing device appointment?

You will be asked to attend either Altrincham hospital or Manchester Royal Eye hospital for an hour appointment with the Glaucoma Specialist Nurse.

During this appointment you will be shown how to use the icare home phasing device safely and effectively.

Once the appointment is complete you will be asked to sign out the icare home phasing device. Whilst on loan, it is your responsibility to ensure the device is protected and returned to the hospital on the return date agreed.

The icare home phasing unit may not be suitable should you suffer from neck, shoulder, elbow, wrist, or hand related medical problems which impede your strength or movement. In this case we may recommend you attend hospital day phasing.

## What to expect during the hospital, day phasing appointment?

You will be asked to attend either Altrincham hospital or Manchester Royal Eye hospital at 8:30am for your first pressure measurement, you will then be required to return every two hours on the same day, for a total of 6 measurements.

You should bring with you and take as normal; any eye drops and medications that you usually take during the day. You will need to ensure that you are available for **all** eye pressure measurements and any other investigations which are booked throughout the day. The practitioner in clinic will inform you of the timings if required.

We encourage you to discuss any questions or concerns you might have regarding your eye condition or eye drops with the nurse prior to the phasing day. You are not required to remain in outpatients for the whole day if you do not wish to do so. It is preferable if you are leaving outpatients to provide a mobile telephone number in case, we need to contact you in between measurements.

## **When is my appointment and where do I attend?**

Your appointment details will be confirmed by the booking team, this will take place in the Oxford Road Manchester Royal Eye Hospital outpatients, or Altrincham Hospital outpatients.

**Please call 0161 276 5533 (option 2), should you wish to confirm, cancel, or rearrange your appointment.**

## **What facilities are available?**

There is seating in the outpatient's atrium for the use of patients attending the day phasing. It is a shared space for use by all patients attending Altrincham / MREH. The area has seating, and restrooms. Please keep valuables with you at all times as there are no lockers or secure storage.

If attending for hospital day phasing, lunch will be provided for you if required, however you are also welcomed to bring your own refreshments. The Manchester Royal Eye hospital has a newsagent and café facilities located on the ground floor. Altrincham hospital is situated in the town centre. Friends or relatives may stay with you, however, will be asked to provide their own lunch and refreshments.

## **Contact information for clinical questions**

If you have any questions regarding any clinical aspects of your day phasing appointment, please contact the Glaucoma Specialist Nurse on (0161) 701 4819.