

## Information for Patients

# Istent for the treatment of open angle glaucoma

### What is the Istent?

The Istent is the smallest medical device to be implanted in the human eye. It is a tiny one-millimetre-long titanium tube.

### Why is it used?

The Istent is designed to be implanted in the natural drainage channel of the eye. This helps fluid drain from the eye and so reduces the intra-ocular pressure of the eye (pressure inside the eye). It can be inserted either alone or more commonly during cataract surgery.

### Will the Istent cure my glaucoma?

No. The Istent will not cure your glaucoma, neither will it reverse any damage already caused by glaucoma or bring back any lost vision. However, it might prevent your glaucoma from getting worse by lowering your eye pressure.

### Is the Istent suitable for everyone?

The Istent is not suitable for all patients and is not suitable for all types of glaucoma. It is suitable for use in those patients who have a type of glaucoma called open angle glaucoma. Your doctor will discuss and explain the suitability of the Istent fully with you.

### Before your operation

You should continue any eye drops and tablets for your glaucoma as prescribed until the time of your surgery, unless directed otherwise by your Ophthalmologist. If you are taking any blood thinning medicines, for example Warfarin, please discuss this with the doctor or nurse in clinic.

You will be asked to attend a pre-operative assessment appointment. For this appointment, please bring with you an up-to-date list of your current medications and a brief summary of your medical history, available from your GP (general practitioner) if you are unsure. During this visit your general health and suitability for anaesthetic will be assessed. Any investigations, for example blood tests, will also be undertaken as appropriate.

## During your operation

Implantation of an IStent takes only 5-10 minutes. It is often performed at the end of cataract surgery but can also be done alone. Most people have the operation performed under a local anaesthetic, meaning that you are awake but your eye is numb so you will not feel anything. You will be asked to tilt your head to one side with the help of the theatre team during the procedure.

## After your operation

Immediately after your operation, your eye will be covered by a protective plastic shield. Eye drops are not usually required in your operated eye until the day after surgery. Any eye drops that you use in your other eye **must** be continued as normal. The morning after your operation you can remove the protective eye shield and gently bathe your eye.

The eye drops you will need to use in your operated eye will be **different** from the drops that you used prior to your operation. Drops will need to be used for approximately 4 weeks after your operation. Each time you attend the out-patient clinic, any changes to your eye drops, will be discussed with you. If you are running out of the drops, you must obtain a repeat prescription for them from your own GP.

## Post-operative visits

IStent surgery should increase the drainage fluid from the eye and so lower your eye pressure. Your eye pressure can drop as quickly as 24 hours after surgery, but you will not feel any different. You will be reviewed in the eye clinic 1 week after your operation and then again 1 month later. It is very important that you attend all your clinic appointments and use your eye drops as prescribed.

## Are there any complications?

The IStent is made from non-magnetic titanium, the same material used for replacing heart valves, so it won't be rejected by the body, neither does it cause an allergic reaction. Complications are minimal. A very small amount of bleeding inside the eye occurs during the operation but this resolves within a few days. If the IStent fails to lower your eye pressure it will not create any additional harm to your eye.

## Will I still need to use my glaucoma eye drops?

Immediately after your operation your glaucoma eye drops will be stopped to your **operated eye only**. You will be given a course of anti-inflammatory and antibiotic eye drops to use after your operation to prevent inflammation and infection.

Each patient is different, and the exact pressure result varies. Here at the Manchester Royal Eye Hospital our current results show that on average the insertion of an IStent produces a 30% reduction in eye pressure. This is equivalent to an average of 6mmHg of your eye pressure. The results also show that 76% of IStent patients have been able to stop their glaucoma drops completely.

## Activities after IStent surgery

Initially after IStent surgery you need to ensure that you do not bump, rub or press on your eye and that you avoid swimming for 4 weeks. This is important whilst your wound is healing and in order to reduce the risk of infection and injury.

There are no long-term restrictions following IStent surgery. You may carry on your activities as normal. The IStent is made from non-magnetic titanium, so it is safe to have an MRI scan and it will not set off airport scanners.

## Returning to work

The length of time that you will need off work depends upon the nature of your job. Most people need 1-2 weeks off after surgery. If your job involves heavy manual work or you work in a particularly dusty/dirty environment, you might require a longer period of time off work. This can be discussed with the doctor/nurse at any clinic visit. A self-certifying sick note is required for the first 7 days of absence and is available from your employer or GP, **not** from the hospital. After the first 7 days a medical sick note is required and can be obtained from your GP or hospital doctor.

## Contact Information

The information in this leaflet is intended as a guide only, as each patient's experience will be different. If you require any further information or advice, please contact a member of staff on the telephone numbers below.

Do not wait until your next appointment, but contact us immediately, if you have any urgent symptoms such as:

- Increased redness of your eye
- Vision disturbance such as double vision or loss of vision
- Increasing pain

Glaucoma Specialist Nurses (0161) 701 4819 or via switchboard (0161) 276 1234 bleep 1976 available Monday – Friday hours may vary

Consultant secretaries available Monday – Friday 9.00am – 4.00pm

Miss Fenerty's secretary (0161) 276 5582

Mr Au's secretary (0161) 276 5522

Mr Yau's secretary (0161) 701 5915

Mr Yu secretary (0161) 276 5915

Ms Tacea's secretary (0161) 276 8957

Any of the above numbers could be answer phones at certain times. Your call will be returned but this might not always be the same day.

If you require emergency treatment, you can contact the Emergency Eye Department which is open from 8.00am to 8.00pm every day. Outside of these hours please contact Ward 55 open 24 hours every day. These departments can be contacted via the hospital switchboard on (0161) 276 1234 asking to be put through to the Emergency Eye Department or the ward.

If you have an enquiry regarding your appointment, please contact the appointment booking team:

- Adult glaucoma appointments (0161) 276 5533 (option 1) available Monday – Friday 9.00am – 4.00pm
- Paediatric (child) glaucoma appointments (0161) 276 5533 (option 5) available Monday – Friday 9.00am – 4.00pm