

## Information for Patients

# Preparing for your appointment with the glaucoma service

This is a guide for people who have been referred to the Manchester Royal Eye Hospital for assessment and or treatment by the glaucoma service. Most people will have been referred to the hospital by either their own optometrist (optician) or their general practitioner (GP).

Being referred to a hospital with a problem with your eyes can be an anxious and worrying time. This leaflet has been developed to ensure your visit with us is as pleasant as possible. It lets you know what you need to do before your appointment, what to bring with you, how to locate the clinic and what to expect during your visit.

We recommend you read through the entire leaflet before arriving for your appointment.

It is best to allow **at least** 3 hours for your appointment, so that all the necessary investigations can be performed.

During your appointment, you might have different tests done to assess your condition. Some of these tests, explained below, could be done at every visit or as required.

## What tests might you have during your appointment?

### Slit lamp examination

The slit lamp is a microscope that allows us to see the structures of your eye in greater detail. You sit at the slit lamp, resting your head on the chin rest for support. You could have had this test done at your own optometrist/optician's. A slit lamp examination will be performed at every appointment.

### Tonometry

This is what we call measuring the eye pressure. This test will almost certainly be performed at every appointment and forms part of the slit lamp examination.

## Pachymetry

This is a test to measure how thick your corneas are and is useful in helping us to assess your eye pressure. Your cornea is the front clear window of the eye. It is a quick test that will often not be required at follow up appointments, as it is very rare for the results to change.

## Perimetry also known as a visual field test

This test measures your peripheral (or side) vision. It is an important test, as glaucoma damages peripheral vision long before you notice that you are losing any vision. You might have a visual field test at least once or twice a year, or more frequently if required. There is a separate leaflet available explaining visual field tests in more detail.

## Gonioscopy

This is what we call assessing the drainage structures of your eye. At the slit lamp, following an anaesthetic eye drop to numb the eye, a small lens will be placed temporarily on your eye to allow us to look at the drainage structures in greater detail. This test will not be performed at every appointment but is important in making a diagnosis of glaucoma.

## Fundoscopy

This is the assessment of the optic nerve at the back of your eye. This test is performed at the slit lamp, using a special magnifying lens that allows us to see the nerve in detail. As we have to view these structures through your pupil, it is common to put drops in your eyes to enlarge (dilate) your pupils, to allow us to have a better view. The dilating eye drops can take several hours to wear off completely. This test could well be performed at most appointments. It is not advisable to drive a vehicle whilst your pupils are dilated as your vision can be blurred so you might need to arrange alternative transport home from the hospital.

## Photography

Photographs and scans of your optic nerve will be taken as a baseline, to record the appearance of the nerve. This allows accurate monitoring and assessment of any future changes to the nerve. Your pupils will need to be dilated for this test. This test may be repeated at follow-up appointments to monitor any change to the back of the eye.

It is important to remember that each patient is a unique individual. All these tests allow us to assess and monitor your eyes and look for change, accurately, safely and painlessly. The above list is a guide and you could have all or some of these tests performed more or less frequently than other people depending on your own condition.



## Contact information

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

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