

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 only needs to be performed once, 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 contact 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 could be repeated in the future if we think that changes to your eye have occurred.

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.

A Checklist for Your Visit

The following list will help you remember items and information to bring with you when you come to the Manchester Royal Eye Hospital.

- Completed forms sent to you by the hospital if applicable.
- Your own contact telephone numbers, including home, work and mobile.
- Name, address, and telephone number of your GP.
- Prescription eyeglasses (even if they no longer correct your vision).
- Current medications or a list of your current medications.
- Summary of your medical history for example, heart problems, blood pressure, asthma etc.
- Details of any allergies including medicines, foods, metals etc.
- Sunglasses (in case your eyes are dilated).
- Snacks or medications (in case you have an extended wait).

When you are referred to the hospital you are registered on our computer system, using the information in the referral letter from either your GP or optician. When you arrive we will confirm with you that the information we hold is correct. You will be asked about your address, telephone numbers, GP details, religion and next of kin name and contact details. We will also ask you about allergies, previous eye conditions, eye injuries and eye surgery, previous medical history and the medications that you currently take. Details of your medical history and medications can be obtained from your GP surgery to bring with you.

Notes

Use this space to note down any questions you might want to ask at your appointment.



