

Information for Patients

Medical Retina Assessment Clinic (MRAC)

What is Medical Retina Assessment Clinic (MRAC)?

Manchester Royal Eye Hospital (MREH) has set up a new type of specialist medical retina clinic. We have called these Medical Retina Assessment Clinics (MRAC). They are run from various locations around Greater Manchester at weekends and evenings. This allows us to provide greater flexibility for you in both the location and timing of our clinics. The other main difference is that the clinics have 2 stages.

Stage 1

This is the appointment assessment where you will be asked:

- To complete a questionnaire with the information relevant to your eye condition.
- Have an eye pressure check.
- Have eye drops instilled to dilate your pupils. This will allow optimal images to be taken to assess your medical retina eye condition. The drops do sting briefly and will cause your vision to be blurred for up to 5-6 hours **so we would advise that you do not drive to the appointment.**
- Have specialist images taken of the back of the eye (OCT scan and wide-field retinal photographs).

This process is streamlined to reduce unnecessary delays. We would expect it to last no longer than 2-hours making it shorter and more patient friendly. **However, you will not see a clinician at this visit so no answers will be given at this appointment.**

What will I need to bring to the appointment?

- A list of your current medication.
- If you have diabetes mellitus, your last HbA1C (long term blood sugar level).
- Your last cholesterol level and blood pressure measures.
- Any glasses or contact lenses you wear.
- Sunglasses, as your eyes can feel sensitive after having eye drops.

Stage 2

Review of your questionnaire and images by a specialist medical retina clinician. We aim to review these within 3-4 weeks of your visit and then write to you a summary of the findings and a relevant management plan. To do this most effectively we would request that you complete the questionnaire from stage 1 as fully as possible.

Why do I need to attend the clinic?

The clinic appointment could be the result of a new referral by your GP or optometrist, or it may be a follow up visit from your previous medical retina appointments.

If you are attending as a new patient referral you may have no symptoms, but a change has been noted by your GP or optometrist that requires further evaluation. Some of these changes may need treatment to prevent problems from occurring with your vision.

It is **important** you attend your appointment, if you need to cancel or have any other questions about your appointment, please call us as soon as possible on

(0161) 276 5533 between 8:30 am and 4:30 pm Monday -Friday.

Note

Medical Retina Assessment Clinic can only check conditions relating to the retina.

We advise continued routine checks with your community optometrist who will be able to do a general eye check.

If you get a new problem in between appointments, you have the option of either contacting us directly or getting advice from a community optometrist or your GP. Do not wait until the next routine appointment.

MyMFT

We would recommend registering for the MyMFT patient portal to better manage your care/appointments, communications, and experience with the Trust, you can do so by using the following link below:

SIGN UP FOR MyMFT:

1. In your Internet browser, go to <http://my.mft.nhs.uk/MyMFT/>
2. Click the Sign Up Now link in the New User box.
3. Enter your one-time MyMFT Activation Code exactly as it appears below. If you do not sign up before the expiration date, you will need to request a new code.

MyMFT Activation Code: Activation code not generated.

Current MyMFT Status: Active

4. Follow the prompts on the screen to complete your signup.

Our staff are here to help you, if you need the following, please let us know if:

- You would like this information in an alternative format, for example large print, braille, or easy read.
- At your appointment if you need an interpreter, including British Sign Language
- You are disabled, and we can support you with reasonable adjustments.

Travel

You may be able to access free travel to your appointment or be eligible for your appointment travel costs to be refunded through the national NHS scheme – find out more here: [Transport | Greater Manchester Integrated Care Partnership \(gmintegratedcare.org.uk\)](#)

Depending on your health and mobility, you may be able to access the free NHS Patient Transport Service to help you get to your appointment, find out more here:

<https://www.nwas.nhs.uk/services/patient-transport-service-pts/>

