

Information for patients

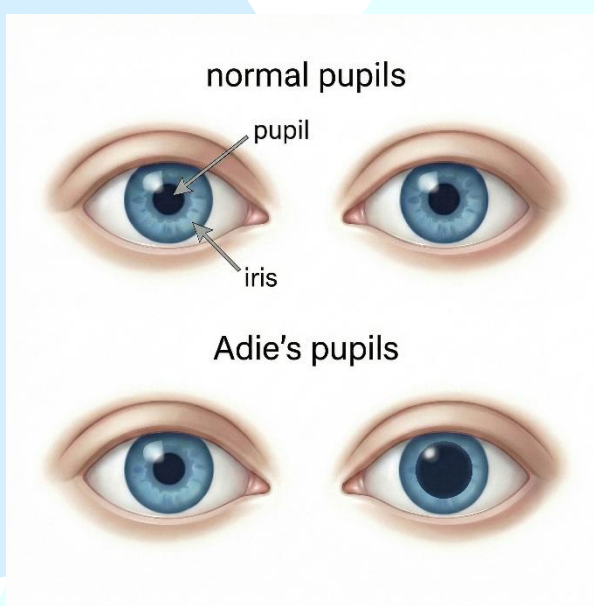
Adie's Tonic Pupil

Your clinician has advised you that you have a condition called Adie's tonic pupil. This leaflet explains what it means and what you can do if it affects your day-to-day life.

What is Adie's tonic pupil

The pupil is the black centre of your eye (see diagram below). The coloured part of your eye (iris) changes size to control light entering the pupil and helps you focus up close. In Adie's tonic pupil this process does not work properly.

- The affected pupil is often initially **larger** than the other pupil
- It reacts **slowly** to bright light
- It may respond better (but still slowly) when looking at something **up close**
- It can affect both eyes
- The affected pupil may become small with time



How common is it?

UK clinical data suggests that Adie's pupil affects about **1 in 500 people**. This is roughly around 140,000 people in the United Kingdom. It is more common in women.

What causes it?

In many people no clear cause is found. Sometimes it can follow a viral illness, but it is not caused by anything harmful. It is important to know that Adie's pupil is not damaging to your eyes or general health.

How is it diagnosed?

The diagnosis is usually made by your optician or eye doctor. The clinician will check how your pupils react in light and dark conditions. Sometimes eye drops (pilocarpine) are used to confirm the diagnosis.

What symptoms you might notice?

Some people have no symptoms. The unequal pupil size is noted on a routine eye test or observed by a family member. Some may notice the following symptoms:

- Blurred near vision or difficulty focusing up close. e.g. when reading or looking at your phone
- Light sensitivity or glare
- Headaches or eye strain

Does it need any treatment?

Often no treatment is needed. If the symptoms are troublesome for you, then you can consider the following:

- Reading glasses to help near vision
- Wear sunglasses to help with glare
- Many people find that the symptoms settle and improve with time

Will it affect driving?

Adie's tonic pupil does not stop you driving if your vision meets legal standards. It is important that you feel safe to drive to protect yourself and others. If you are unsure, ask your optometrist.

Because each patient is different, this leaflet is a general guide only. If you have concerns or new symptoms, please contact your optometrist, GP or NHS 111.