

Patient information

Important information for patients with ocular hypertension (OHT)

You have been diagnosed with ocular hypertension. The aim of treatment for this condition is to prevent possible future visual loss. This leaflet is designed to supplement any other literature you may be given.

Management of your ocular hypertension relies upon you regularly putting in any eye drops you may be prescribed and attending appointments at the hospital, so we can:

- Test your vision
- Check your visual fields
- Measure the pressure in your eyes
- Examine inside your eyes

An individual plan of care will be discussed with you.

You will not always see the doctor, but nurses and orthoptists who will share your care.

Some things to remember

- Never run out of eye drops: Always have a spare bottle. Use each bottle for one month only. Your GP can provide repeat prescriptions, as we will inform them at each visit of your diagnosis and prescription needs.
- If using more than one type of drop, leave a gap of 10 minutes between different drops.
- After putting in your eye drops, put your finger on the inner corner of your eye near your nose for 30 seconds, as shown by the nurse. This allows the drops to be absorbed by the eye and stops them draining away.
- Make sure you use your eye drops as normal before coming for your hospital visit (unless we specifically ask you not to).
- Never stop your eye drops without checking with your ophthalmologist (eye doctor) first.
- Let us know if you have any problems after using your eye drops i.e. breathlessness, coughing, wheezing, irregular heart beat.
- Please ask the nurses in the Eye Clinic for help if you experience problems putting in your eye drops. They can offer advice and suggest aids which may help.
- Let the eye department know if you are unable to attend your appointment so another date can be arranged.
- There are no driving restrictions for patients with ocular hypertension.

- Remember your eye tests at your local opticians are **free** for you and **any close relatives over the age of 40**. Remind relatives that they could be at risk and should have regular eye checks every 2 years.
- **Please bring your copy of this leaflet to all your clinic appointments.**

Do not hesitate to contact nursing staff in the Eye Treatment Centre for advice.

We are available on: **Eye Treatment Centre** on telephone: 01284 713815
 Monday to Thursday 9.00.am to 5.00 pm; Friday 9.00 am to 2.00 pm

Your medication regime

Date treatment started:

Eye Drops	Eye	Frequency

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)
<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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