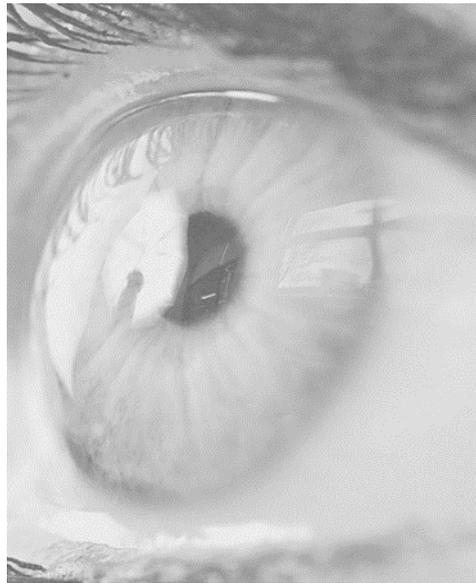


Glaucoma Repeat Readings Service



Free NHS assessment at a local optician

What is glaucoma?

It is a group of eye conditions in which the optic nerve (at the back of the eye) is damaged. The common form of glaucoma is the chronic form. This is normally very slow to progress but it gradually damages your peripheral (side) vision. Eventually it results in tunnel vision – like looking down a long tube.

There is a much rarer, acute form of glaucoma, where the pressure in your eye rises rapidly and you need immediate treatment in hospital to avoid permanent damage to your sight. Acute glaucoma is often very painful, your eye may become red and you may feel nauseous (sick) and vomit. In the early stages, you may see rainbow-coloured rings around white lights. If you get these symptoms, you should go to the Accident and Emergency department immediately.

If you need any more advice or explanation, please ask your optometrist.

Repeat Reading Service

The non-contact (air-puff) style eye pressure monitoring equipment sometimes finds intraocular pressure high which, when repeated with hospital grade equipment, is found to be within normal limits.

By being referred to this service you will have your eye pressure measurement repeated with this alternative equipment, as well as having some other tests repeated (e.g. visual field checks).

Intraocular Pressure

Intraocular pressure is the internal pressure of the eye, like the pressure in a car tyre. The eye has an internal fluid which is continually produced and drained which creates this pressure.

The pressure can vary between individuals but a normal measurement is 21mmHg or below.

If your eye pressure readings are all above normal, you may have a condition called ocular hypertension (OHT). This means high pressure in the eye. It is important to investigate this further because OHT increases the risk of glaucoma, which can damage your sight. However, most people with OHT never get glaucoma

What happens at the appointment?

The optometrist will look at the front and back of your eye and perform the visual field check.

To enable them to repeat the eye pressure check, they will put an eye drop in your eye to numb the surface of the eye, this then enables them to use a small instrument to gently touch the front of the eye.

If the pressure is found to be high on this occasion you will be asked to return to have the eye pressure check repeated on another day. If the eye pressure and the results from the other tests are normal you will be discharged from the service back to your optometrist for routine sight tests.

How do I book an appointment with the service?

You will need to contact one of the optometrists on the separate list to arrange an appointment for Repeat Readings, alternatively your GP may have referred you to one of the participating optometrists located close to your home, please ask your GP whether they have done this.

Please visit www.gmpec.co.uk for a list of opticians if there is not one available with this leaflet.