

# Advice following use of eye drops

## Advice following use of dilating eye drops

Thank you for taking part in Diabetic RetinaScreen – The National Diabetic Retinal Screening Programme. Both you and your GP (family doctor) will receive your results within three weeks.

We used eye drops today to dilate your pupils.

Your eyes were dilated using:

- |                          |                    |
|--------------------------|--------------------|
| <input type="checkbox"/> | Tropicamide 0.5%   |
| <input type="checkbox"/> | Tropicamide 1%     |
| <input type="checkbox"/> | Phenylephrine 2.5% |

These eye drops will temporarily blur your vision.

- Please do not drive or operate machinery until your sight has returned to normal.
- Please do not rub your eyes after the drops are first used.

The drops can take up to nine hours to wear off.

- Do not wear contact lenses for at least two hours after the eye drops have been used.
- Wear sunglasses if it is sunny outside.

Very rarely the use of eye drops may cause a condition called 'acute glaucoma'. If this happens you will need to be treated in hospital. Occasionally treatment may involve laser treatment or surgery. If you have any of the following symptoms you must telephone your nearest A&E.

- Severe eye pain.
- Nausea and vomiting.
- Headache.
- Blurred vision and/or seeing haloes around lights.
- Profuse tearing.
- Palpitations (only relevant if Phenylephrine drops are used).
- Redness and itching of your eyes.

## What to do if you have any of these symptoms

1. Telephone your nearest hospital A&E department.
2. Tell the A&E department that you had your eyes dilated as part of Diabetic RetinaScreen – The National Diabetic Retinal Screening Programme using the eye drops indicated on this form. Follow the instructions you are given over the phone.

If you have an allergic reaction that needs assessment and treatment, please let us know after you have had your treatment. We will add this important information to your record.