



## MEASURING YOUR EYE PRESSURE

The pressure in one or both of your eyes was higher than normal when it was measured for the first time. This may just have been one abnormally high reading so your eye pressure needs to be measured again, perhaps twice, to see if the pressure is high each time. Often a different instrument is used for this. Your optometrist or GP might not have this instrument and will refer you on to a choice of Optometric Practices that do. When your eye pressure is measured again the optometrist will put drops in your eye to numb the surface. The Optometrist will advise you if you are able to drive to this appointment. Then he or she will use a small instrument to gently touch the front of your eye. The procedure will not hurt.

## WHAT IF ALL MY EYE PRESSURE READINGS ARE HIGH?

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 increased the risk of glaucoma, which can damage your sight. However most people with OHT never get glaucoma.



## WHAT HAPPENS NEXT?

The Optometrist will check for other signs of glaucoma. If the only sign of glaucoma is that your eye pressure is slightly higher than normal, then taking the measurement again several times will show whether your eye pressure continues to be abnormally high. If it is, then the Optometrist will arrange for you to visit an eye clinic. If you are referred to an eye clinic for further tests, please do not drive to the appointment yourself. The test may include having your eyes dilated which can blur your vision. Please take a list of your current medication and your current prescription glasses with you to your appointment. A copy of the referral form will be sent to your GP so that they are aware of what is happening. However if the repeat test shows your eye pressures are within the normal range, then you simply need to have further regular eye examinations with your Optometrist.

## WHAT WILL HAPPEN AT THE HOSPITAL?

Your hospital appointment is likely to take between 1-2 hours depending on what treatment/ tests are required. You will see an eye doctor (Ophthalmologist) who will examine your eyes and make a decision as to whether you have Glaucoma. After your appointment, your eye doctor will write to your Optometrist, unless you specify otherwise. If Glaucoma is confirmed, then it is likely that you will be given eye drops which will help to reduce the pressure of the eye. In a few cases, a small surgical procedure is more successful means of controlling the pressure. It is important to attend the hospital for regular checks. Your eye doctor will tell you when these need to be.

## PARTICIPATING PRACTICES

Across Oxfordshire many Optometric Practices are participating in a scheme to refine the Intraocular Eye Pressure (IOP) measurements for patients who have raised pressures (Glaucoma).

Visit [occg.info/glaucomaopticians](http://occg.info/glaucomaopticians) for a list of practices

## ABOUT YOUR RECORDS

Oxfordshire Clinical Commissioning Group (OCCG) is responsible for monitoring the quality of the service you have received. To do this, information from your consultations with the optometrist will be reviewed by the OCCG. The optometrist providing the services to you today will make a record of this consultation using a computer system. Your information will be kept confidential and will not be disclosed or used without your permission. Your information will be stored securely at all times and only people authorised by the NHS will have access to it. If you are referred to other health professionals, the details may be shared with them to ensure you get the best care. If you do not wish the NHS to hold and use your details in this way, please tell the optometrist who will arrange for the details to be removed from the computer system.

## WHAT IS GLAUCOMA?

Glaucoma 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 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 more advice or explanation, please ask your optometrist. More information on Glaucoma can be found at the following websites: [www.mib.org.uk](http://www.mib.org.uk) [www.iga.org.uk](http://www.iga.org.uk)