

List of Optometric Practices providing the  
Glaucoma Repeat Readings Service in Oxfordshire

City Locality		Tel. No.
Boots Opticians	1 Mayfield House, 256 Banbury Rd, Summertown, OX2 7DE	01865 558951
Boots Opticians	6 Cornmarket Street, Oxford, OX1 3HL	08451253764
David Spicer Opticians	1 Elms Parade, Botley, OX2 9LG	01865 241142
Eyesite	35 St Ebbes Street, Oxford, OX1 1PU	01865 242300
Gardiners Opticians	5 Manor Buildings, Osler Road, Headington, OX3 7RA	01865 761459
Ideal Eyes	76 West Way, Botley, OX2 9JT	01865 244699
Ideal Eyes	130 Pound Way, Templars Square, Cowley, OX4 3HX	01865 749877
Ideal Eyes	217 Banbury Road, Summertown, OX2 7HQ	01865 302288
Robert Stanley	137 London Road, Headington, OX3 9HZ	01865 766488
Specsavers	33 Queen Street, Oxford, OX1 1ER	01865 255710
<b>North Locality</b>		
Complete Eyecare	76 High Street, Banbury, OX16 5JG	01295 262200
Dray's Eyecare	81 Chatsworth Drive, Banbury, OX16 9YJ	01295 261080
Harrold Opticians	92 High Street, Banbury, OX16 5JE	01295 266326
Specsavers	29 Bridge Street, Banbury, OX16 5PN	01295 251251
Walford & Round	47 High Street, Banbury, OX16 5LA	01295 262501
<b>North East Locality</b>		
Boots Opticians	6 Crown Walk, Bicester, OX26 6HY	01869 320027
Dove & Conway	100 Sheep Street, Bicester, OX26 2XW	01869 242740
Morgan Optometry	106a Oxford Road, Kidlington, OX5 1BL	01865 372125
Pitman Optometrists	33 High Street, Kidlington, OX5 2DH	01865 842044
Robert Stanley	Unit EY4, Bure Pl, Pioneer Square, Bicester, OX26 6FA	01869 360557
Scrivens	21 Sheep Street, Bicester, OX26 7JF	01869 253577
Specsavers	25 Sheep Street, Bicester, OX26 6JF	01869 321422
Vision Express	47 Sheep Street, Bicester, OX26 6JJ	01869 327035
<b>South East Locality</b>		
Boots Opticians	23 Duke Street, Henley on Thames, RG9 1UR	01491 637763
Ivan Cammack	47 High Street, Chinnor, OX39 4DJ	01844 351564
Ivan Cammack	3-4 Greyhound Walk, Thame, OX9 3DY	01844 212048
Patricia Hayselden & Ps	60 St Mary's Street, Wallingford, OX10 0EL	01491 835466
Robert Stanley	22 Cornmarket, Thame, OX9 2BL	01844 261096
Robert Stanley	8 St Martins Street, Wallingford, OX10 0AL	01491 837033
Specsavers	17 Orchard Street, Didcot, OX11 7LG	01235 517100
<b>South West Locality</b>		
Abingdon Eye Centre	3 Bury Street Shopping Centre, Abingdon, OX14 3QY	01235 533328
Boots Opticians	3a Kings Walk, Limbrough Road, Wantage, OX12 9AJ	01235 768177
Campbells Opticians	34 Market Place, Wantage, OX12 8AH	01235 763312
Haine and Smith	7 Cornmarket, Faringdon, SN7 7HH	01367 242262
Robert Stanley	23 Stert Street, Abingdon, OX14 3JF	01235 520849
Robert Stanley	Mably Way Medical Centre, Grove, Wantage, OX12 9BN	01235 769596
Specsavers	Unit 16 Abbey Shopping Centre, Abingdon, OX14 3QT	01235 530530
Specsavers	1a Grove Street, Wantage, OX12 7AB	01235 773980
<b>West Locality</b>		
Boots Opticians	5 High Street, Witney, OX28 6HW	01993 778237
Carterton Opticians	Unit D6 The Giles Centre, Carterton, OX18 3DH	01993 841268
Michael Lowe & Ps	5 Streatfield House, Alvescot Road, Carterton, OX18 3XZ	01993 844291
Optical View	51 Market Square, Witney, OX28 6AG	01993 771793
Specsavers	Unit 11 Woolgate Centre, Witney, OX28 6AP	01993 779977
W & D C Lea	49a Market Square, Witney, OX28 6AG	01993 702134
Woodstock Opticians	17 High Street, Woodstock, OX20 1TE	01993 811870

### 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 import to attend the hospital for regular checks. Your eye doctor will tell you when these need to be.

## 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)

## REFERRAL TO OPTOMETRIST FOR REPEAT PRESSURE OR VISUAL FIELDS

Either the GP or referring Optometrist is to complete this form and give to patient. Patients are then advised to please contact one of the Optometric Practices on this leaflet to have the pressures or fields repeated in accordance with NICE Guidelines.

PATIENT DETAILS
First Name
Last Name
Address
D.O.B
Phone
Mobile
NHS. No.

GP DETAILS
GP Name
Practice
Optometrist Stamp

## REFERRAL DETAILS

## ALL FIELDS MUST BE COMPLETED

Reason for Referral:	Raised pressures only	<input type="checkbox"/>		
	Suspect field defect	<input type="checkbox"/>		
	Both	<input type="checkbox"/>		
Date of sight test:				
Time of sight test:				
Tonometer at sight test:	Goldmann	<input type="checkbox"/>		
	ICare	<input type="checkbox"/>		
	NCT	<input type="checkbox"/>		
	Perkins	<input type="checkbox"/>		
	Tonopen	<input type="checkbox"/>		
	Other	<input type="checkbox"/>		
IOP at sight test (RE)	R1	R2	R3	R4
IOP at sight test (LE)	L1	L2	L3	L4
Visual Fields at sight test (RE)	Normal	<input type="checkbox"/>		
	Suspicious	<input type="checkbox"/>		
	Not indicated	<input type="checkbox"/>		
Visual Fields at sight test (LE)	Normal	<input type="checkbox"/>		
	Suspicious	<input type="checkbox"/>		
	Not indicated	<input type="checkbox"/>		
Suspicious Field attached?	YES <input type="checkbox"/>	NO <input type="checkbox"/>		
Family history of Glaucoma?	YES <input type="checkbox"/>	NO <input type="checkbox"/>		

Optometrist's Signature:

Optometrist's Name:

Date: