Welcome to the glaucoma clinic

Information for patients

Why have I been referred to the glaucoma clinic?
You will normally have been referred by your optician or GP because they have detected early signs of glaucoma. There are several different types of glaucoma, all of which are treatable, especially if the condition is diagnosed early.

How long can I expect to be in the clinic for?
You can expect to be in the clinic for some time as we need to carry out a series of tests to confirm your diagnosis. Every effort is made to make your waiting time as short and as comfortable as possible.

Please do not worry – about 8 out of 10 people who are referred to this clinic do not have glaucoma, but just have one or more of the signs of the disease and are discharged back to the community to be monitored by their own optician.

What will happen on the day?
On the day, we will carry out a full glaucoma assessment in order to make a diagnosis. This will establish:

1. If you have one of the types of glaucoma; or

2. If you have one or more of the signs that indicate glaucoma, but do not necessarily mean you have the disease.

The three main signs are:
- increased eye pressure
- loss of field of vision
- irregularity of the optic disc.

What tests will be carried out?
A member of the team (a nurse, orthoptist, optometrist or doctor) will carry out the following tests as part of the assessment:
- a vision assessment
- a visual fields test
- eye pressure measurements
- corneal measurements
- inner eye angle measurements.

You will then have eye drops put in to dilate the pupil – this is so that clear photographs of your eye can be taken and to allow the ophthalmologist (eye doctor), orthoptist or optometrist to more easily examine your eye.

The drops take up to 30 minutes to take effect and can sometimes leave you with slightly blurred eye sight for a few hours. We recommend that you do not drive while your sight is still blurred.

**What happens after?**
When the tests are complete, your specialist will discuss their findings with you and advise on any treatment you may need.

**Further information**
For more information about the ophthalmology service at the Royal Free London, visit our website at: [www.royalfree.nhs.uk/ophthalmology](http://www.royalfree.nhs.uk/ophthalmology)

If you have any feedback on this leaflet or for a full list of references for it, please email: rf.communications@nhs.net

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please ask a member of staff.

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