

Patient information

Glaucoma Assessment Clinic

If you have difficulty reading this leaflet, please ask us to send you a copy in a larger print size.

If your first language is not English, we can arrange for an interpreter to be available. Please let us know in advance if you require this service.

This clinic is suitable for people with a diagnosis of ocular hypertension, suspect glaucoma and stable glaucoma. These conditions require regular monitoring and this is the purpose of the glaucoma assessment clinic.

What will happen in the clinic?

A member of staff will ask you some questions about your condition and your eyes, measure your vision (visual acuity using a letter chart) and intraocular (eye) pressures, followed by an OCT scan of your optic nerves and macula. Finally, you will have a visual field examination. This appointment should last no more than 30 minutes. The information gathered at this clinic is reviewed virtually and you will not need to have an appointment with a doctor.

You will not have drops that blur your vision and so it is safe to drive to this appointment.

Visual acuity check

If you have glasses for distance vision (i.e. glasses you wear for driving or watching television) you will need to bring these to your appointment. The visual acuity check is done so that we have a baseline of your current long distance vision, from which we can monitor any future changes.

Pressure readings

The pressure of the fluid inside your eye will be measured using a device called a tonometer.

OCT scan

OCT or Optical Coherence Tomography is a non-invasive technique used to measure the thickness of the retinal nerve fibre surrounding each optic nerve and at the macula. It is very similar to an ultrasound but uses light waves rather than sound waves.

Visual field examination

This examination measures your central and side vision using a series of flashing lights, during which you press a buzzer in response to seeing them.

What happens next?

A glaucoma specialist (doctor, optometrist or orthoptist) will review all of the information and make a clinical decision about your eyes and your next appointment. You and your GP will receive this information in a letter from the hospital.

What happens if there are changes to my eye condition?

If there are any changes in your eye condition, you will be offered an appointment with a glaucoma consultant or specialist.

Consent

Your consent is required for any investigation or treatment and you may withdraw your consent at any time. Please feel free to discuss any concerns with your medical team.

Sources of information

The Royal College of Ophthalmologists. 2021. *Ophthalmic Services Guidance: Standards for Virtual Clinics in Glaucoma Care in the NHS Hospital Eye Service*. RCO: London

Important information

This patient information is for guidance purposes only and is not intended to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact the Patient Experience Team – on 0300 131 4731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.accessibleinformation@nhs.net

Reference

Reviewed by: Paul Russell (Ophthalmology Staff Nurse)

The following clinicians have been consulted and agreed this patient information:
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The directorate group that have agreed this patient information leaflet:
Ophthalmology Department, Diagnostic, Anaesthetic and Surgery division (DAS)

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