

Combined Orthoptic and Eye Clinic Appointment

Information for patients

Maidstone Orthoptic Clinic:	 01622 226236
Medway Orthoptic Clinic:	 01634 830000 ext 5792
Tunbridge Wells Orthoptic Clinic:	 01622 228218
Sittingbourne Orthoptic Clinic:	 01795 418300

I have been given a combined clinic appointment – who will I see?

1. **Orthoptist** - You may need to see an Orthoptist first who will check your vision and ensure an up to date report is undertaken and written in your Outpatient notes.
2. **Nurse or Orthoptist** - If you need eye drops these may be put in each eye by a specially trained nurse or the Orthoptist.
 - One drop goes in each eye, but children sometimes need to have two drops in each eye. This dilates the pupils and stops you focusing, allowing a thorough eye test to be carried out. The eye drops are cold and sting briefly as they go in.
 - The drops take 10 - 20 minutes to work fully, after which you will be seen by the next specialist.
 - Because the drops stop you from focusing, your near vision may be slightly blurred for a few hours afterwards. If it is a bright day, it is advisable to bring a sun hat and or sunglasses to protect your eyes as your pupils will remain dilated for several hours. Children may find reading difficult during this time. Adults should not drive for four hours after the drops are applied, or until their vision has returned to its usual level.

3. **Optician and or Ophthalmologist** - Depending on what eye tests you need you will either be seen by the optician or the ophthalmologist (eye doctor), or both of them at this appointment. By shining a light into your eyes and looking through various combinations of lenses, they can measure how long or short sighted you are. These tests can be carried out on patients of any age, even newborn babies.

By shining a light into your eyes and looking through powerful lenses the optician and or ophthalmologist can see the lens inside your eyes and the surface of the back of your eyes. This enables them to diagnose what is wrong and plan any treatment needed.

Is any special preparation required?

Ideally, contact lens wearers should remove their lenses and wear their glasses to their appointment. Lenses can usually be put back in after the appointment.

How long will the appointment take?

A combined clinic appointment can be very lengthy; it may take two to three hours to see all the eye specialists involved. Please allow the whole morning or afternoon to have these important tests completed.

When will I be told the results of the tests?

You will be told your test results immediately and whether further investigations are needed before a firm diagnosis and treatment plan can be made.

What should I do if I can't attend an appointment?

If you cancel or do not attend this combined appointment, it may take several weeks before a new set of appointments can be arranged, so please be prepared to re-arrange any other commitments you may have.

However, if you have to cancel the appointment please phone the relevant number on the front of this leaflet and let them know.



Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.uk

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this.

Patient Advice and Liaison Service (PALS)

If you would like to raise any concerns, make comments and suggestions or require information on Trust services, you can contact **PALS**. Office opening times are Monday to Friday 10.00am to 4.00pm. Both offices offer a 24 hour answering machine. Messages will be responded to within one working day, so please do leave a contact number.

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