

Heidelberg Retina Tomograph (HRT) Scan

Information for patients

What is a Heidelberg Retina Tomograph (HRT) Scan?

This is a laser scan to capture images of and analyse the optic discs at the back of both eyes. It differs from a photo as the laser scans the layers of the disc in detail. These image scans are used as a baseline for future scans if the condition needs to be monitored.

The test is done on an outpatient basis. You are highly unlikely to need any dilating drops in your eyes.

Your clinician may request this test to be done if they need extra information to help them decide whether you have glaucoma or not. Usually the result is used in conjunction with the information your clinician already has about your eyes and therefore is not solely used to diagnose glaucoma.

What are the risks of the procedure?

There are no known risks for the procedure as it is not invasive. It is a diagnostic laser and uses a low intensity light.

Is any special preparation required?

Please bring your most recent distance glasses.

There is no need to remove contact lenses before getting here but please come prepared to remove them if asked.

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

Please contact Planned Care (see contact details on back page) and let us know as soon as possible if you cannot attend an appointment.

The clinic takes place once a week. Not being able to attend for your scan appointment may mean that the scan will not be able to be performed before your clinic appointment, though we will do what we can to accommodate. If this is the case then you will need to pre-warn your consultant that this is so, as in some cases they can review you without a scan if it has been requested for monitoring purposes only.

Do not be concerned if your HRT appointment has been booked for six months away or longer. Your clinician would have indicated on the referral letter when they were planning on seeing you again. We then arrange the HRT appointment to tie in with this.

What happens on the day of the procedure?

The scan is completed on an outpatient basis.

What will happen during the procedure?

The procedure will take place in the eye outpatients EEMU, Maidstone Hospital. It will be carried out by a fully trained technician on the day.

The testing will take approximately ten minutes per eye. The machine is a small upright desktop machine on which you will be asked to place your chin on the chin rest for the test. You will be asked to focus on a red light and then a green light. You will be asked to maintain your gaze on this green light as it scans. The scan image is captured in approximately one minute.

How will I feel after the procedure?

You will feel no pain during the testing but may feel a slight discomfort from the bright light that is used. If you suffer from dry eyes your eyes may also feel uncomfortable after the scanning.

When will I be able to resume normal activities?

Immediately.

Follow up care

None required.

References


- International Glaucoma Association website
- http://mtsp.ca/patients/HRT_faq.html
- Heidelberg Retinal Tomograph Manual

Please use this space to write any notes or questions you may have.




Further information and advice can be obtained from:

Planned Care

 0845 155 0401

NHS 111

 111

NHS Direct online


www.nhsdirect.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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Issue date: October 2011

Review date: October 2014

Database reference: RWF-OPLF-PPS119

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