

Combined Orthoptic and Eye clinic appointment

Information for patients and parents/carers
Maidstone, Medway and Tunbridge Wells
Orthoptic Clinics: ☎ 01622 226236

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 investigation is undertaken and written in your healthcare records.
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, allowing a thorough eye test to be carried out. The eye drops are cold and sting briefly as they go in.
 - The drops take **20 - 30** minutes to work fully, after which you will be seen by the next specialist.

- Because the drops dilate your pupils, 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 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.

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 Patient Advice and Liaison Service (PALS). We will do our best to arrange this.

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: www.mtw.nhs.uk or pick up a leaflet from main reception.

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