



Advice after receiving your dilation eye drops

This leaflet offers advice to patients who have had a dilated eye exam using tropicamide 1% eye drops through the Diabetic Eye Complication Screening (DECS) service. If you have any further questions, please speak to a doctor or nurse caring for you.

In order for us to obtain good photos of the back of your eyes we have used eye drops to enlarge (dilate) your pupils. Dilation eye drops may blur your vision and can make you sensitive to bright light. You may find it helpful to wear sunglasses. You may also experience temporary stinging and a dry mouth after using the eye drops. You should not drive or operate heavy machinery until your sight returns to normal and your eyes are comfortable. The effects of the drops can last between two and four hours, but can be up to six hours.

Very rarely, the drops can cause a sudden, dramatic rise in pressure within your eye (known as acute glaucoma), which will need to be treated quickly in an eye unit. The symptoms of this include:

- pain or severe discomfort in your eyes
- redness of the white in your eyes
- constantly blurred sight, sometimes with rainbow halos around lights
- nausea and vomiting.

If you experience any of these symptoms after screening, you should return immediately to the eye unit or go to an A&E department near you.

If you experience any other symptoms that you are concerned about, please contact your GP. Information on other possible side effects is available in the manufacturer's leaflet. Please ask our staff if you would like a copy.

You can find A&E departments with an attached eye casualty at the following hospitals:

- St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH
- King's College Hospital, Denmark Hill, London SE5 9RS
- St George's Hospital, Blackshaw Road, London SW17 0QT

Contact us

If you have any further questions, please do not hesitate to contact DECS admin on **020 7188 1979** (Monday – Friday, 9am – 5pm).