

Advice after receiving your dilation eye drops

This leaflet offers advice to patients who have had a dilated eye exam using Phenylephrine 2.5% or Tropicamide 0.5% or 1% drops. 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 dilate (enlarge) 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 normally 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

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

If you experience any of these symptoms after screening, you should return immediately to the eye unit or go to your nearest Emergency Department (A&E).

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 Emergency Departments with an attached eye casualty at the following hospitals

- St Thomas' Hospital, Eye Casualty, Ground Floor, South Wing, Westminster Bridge Road, London, SE1 7EH
- King's College Hospital, Denmark Hill, London SE5 9RS

- St George's Hospital, Blackshaw Road, London SW17 0QT
- King's Hospital, First Floor, Normanby Building during the day, or main Emergency Department out of hours
- Queen Mary's Hospital, 2nd floor, B block, Frognal Avenue, Sidcup DA14 6LT. Monday to Friday, 8am to 4pm.

Contact us

If you have any further questions, please do not hesitate to contact the Eye Department, which is open Monday to Friday, 9am to 5pm, on:

020 7188 4316
020 7188 0077
020 7188 4336

Diabetics

Please contact the DESP administration team on 020 7188 1979, Monday to Saturday, 9am to 4.30pm, or email gst-tr.seldespa.admin@nhs.net

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

Leaflet number: 3087/VER3

Date published: October 2017

Review date: October 2020

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A list of sources is available on request