

Phasing clinic

This leaflet offers more information about the phasing clinic and what you can expect when you attend. If you have any further questions, please speak to a doctor or nurse caring for you.

Why have I been asked to attend the phasing clinic?

Your glaucoma is caused by a build-up of pressure in your eyes. This pressure can sometimes fluctuate during different times of the day. In a regular, one-off appointment we may underestimate the amount of pressure in your eyes. For this reason, your consultant has arranged for you to come back to have your eye pressure measured throughout the day at the phasing clinic. The measurements will be carried out by one of the glaucoma practitioners.

What do I need to bring on the day?

It is important that you bring your spectacles and a list of your current medications. Please feel free to bring something to keep you occupied, such as a book, magazine or crossword, as well as some food and drink (particularly if you are diabetic).

How many tests will I have?

Pressure is measured every hour starting from 9am. Please expect to finish at 4.30pm. If the eye pressures remain fairly stable throughout the day, you may finish earlier.

What should I do between tests?

You will be asked to be in the waiting room at specific times, but you do not have to stay in the department in between measurements. Some patients enjoy going for a walk in the areas surrounding the hospital, whilst some bring reading material along with them. There are also several places to eat or drink within the hospital.

When will I get my results?

At the end of the clinic, the measurements will be shown to your glaucoma consultant. We will then explain the results to you. Depending on the results, you may or may not need to have further treatment.

What if I cannot make this appointment?

The phasing clinic is always on a Tuesday and you will be expected to stay for the whole clinic. If you cannot attend the clinic on the day of your appointment, please call **020 7188 9121** and leave a message on the answer machine with your name, hospital number and contact telephone number.

Contact us

If you have any questions or concerns about your appointment, please contact the phasing clinic on **020 7188 9121** (Monday to Friday, 9am–5pm).

Further sources of information

Pharmacy medicines helpline

For information about any medicines that you have been prescribed at Guy's and St Thomas' hospitals, you can speak to the staff caring for you or call our helpline.

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

Patient Advice and Liaison Service (PALS) – To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:
t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Knowledge & Information Centre (KIC) – For more information about health conditions, support groups and local services, or to search the internet and send emails, please visit the KIC on the Ground Floor, North Wing, St Thomas' Hospital.
t: 020 7188 3416

Language support services – If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.
t: 020 7188 8815 **fax:** 020 7188 5953

NHS Direct – Offers health information and advice from specially trained nurses over the phone 24 hours a day.
t: 0845 4647 **w:** www.nhsdirect.nhs.uk

NHS Choices – Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.
w: www.nhs.uk

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Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years.

To join, please call 0848 143 4017, email members@gstt.nhs.uk or visit www.guysandstthomas.nhs.uk

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