

Endoscopic cyclophotocoagulation (ECP)

This leaflet gives you information about the ECP procedure. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

What is ECP?

ECP is a laser procedure that your consultant has recommended because you have either glaucoma or ocular hypertension, and your eye pressure needs to be lower. It is usually performed as part of a combined procedure at the same time as cataract surgery, although it may be done on its own if you have already had your cataracts removed.

If you are having a combined procedure, once your cataract surgery is completed, an ECP laser probe with a camera is inserted into your eye via the small incisions (cuts) made during your cataract operation.

This enables the surgeon to treat the ring of microscopic structures (ciliary processes) in your eye which make the fluid in the front of the eye that is responsible for the eye pressure. A gentle laser is applied to shrink these structures which should reduce the amount of fluid produced and the pressure in your eye.

Note: Please note that the fluid and pressure inside your eyes are not connected in **any way** to your tears, or your eyes watering.

What are the benefits?

Studies have shown that ECP laser treatment is effective at lowering eye pressure, which helps to preserve your vision. In some cases, it may be possible to reduce the number of eye drops that you are using. Very occasionally, you may eventually be able to stop all your glaucoma eye drops.

What are the risks?

There are a few risks associated with ECP laser treatment. It is fairly common to have inflammation in your eye, but this can be controlled with steroid drops and usually settles within a few weeks. After the procedure, you may experience mild discomfort, be light sensitive or have slightly blurred vision for a short while and your eye may appear red or bruised. There is also a small risk of retinal swelling, which is usually treated with additional eye drops.

In a few cases, your eye pressure could increase and there is a rare risk that your intraocular lens could be dislodged. Severe loss of sight caused by infection is also a rare complication, but is no more likely to occur than if you had cataract surgery on its own.

Further possible complications are those associated with cataract surgery so it is important that you read our leaflet, **Your guide to cataract surgery**, if you are having cataract surgery as well.

Post-operative care

If you are having ECP performed with cataract surgery, then you should not require any additional after care. Antibiotic eye drops are required for two to four weeks and anti-inflammatory eye drops for four to eight weeks after the procedure.

You may be required to attend the glaucoma clinic several times during this recovery period. Clear instructions will be provided if you should reduce or stop your eye pressure-lowering medications.

It is important that you continue to use all your drops as normal in the eye that has **not** had the recent ECP procedure.

How long do the results of ECP last?

The results may vary depending on your type and severity of glaucoma. Most (about 8 out of 10) of our patients did not need a second procedure within three years. You will continue to be monitored regularly. If your pressure rises over time, you may require further eye drops or surgery. Having ECP does not affect the ability to perform other glaucoma surgery should this be needed.

Contact us

If you have any questions or concerns about having this procedure, please leave a message on the glaucoma helpline (24 hour answerphone), **t:** 020 7188 9121 and we will call you back the next working day.

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 eye drops or medicines, please speak to the staff caring for you. You can call the glaucoma helpline (24 hour answerphone) or the pharmacy 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

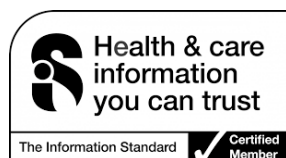
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

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

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111



Leaflet number: 4585/VER1

Date published: May 2018

Review date: May 2021

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A list of sources is available on request