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 Thursday 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).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit w: 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, Monday to Friday, 9am-5pm

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

NHS website
Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.
w: www.nhs.uk

Get involved and have your say: become a member of the Trust
Members of Guy’s and St Thomas’ NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.
t: 0800 731 0319 e: members@gstt.nhs.uk w: www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?
We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, w: www.guysandstthomas.nhs.uk/leaflets, or e: patientinformationteam@gstt.nhs.uk

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