

TREATMENT WITH AN INJECTION IN THE EYE

INHOUD

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01 INTRODUCTION

In consultation with your eye doctor, it was decided to treat your eye condition with an injection into the eye. This means that a medicine will be injected into the vitreous, the filling of your eye.

In this brochure you will find more information about the practical course of the treatment.

02 DAY OF TREATMENT

Preparation

You do **not** have to be **sober** for this type of treatment. On the day of the treatment you may eat and drink.

You can also take your regular **medication** as you would on a normal day. Neither blood thinners nor antibiotics present a problem, but mention to your eye doctor why you are taking antibiotics. You may also continue to use your eye drops.

Inform the doctor if you are pregnant, planning to become pregnant or if you are breastfeeding.

Where?

Treatment takes place at the polyclinic for Eye Diseases. First sign in via the registration kiosk at entrance 69.

Then, scan your ticket at the ticket scanner at route 690 and follow the instructions on the screen.

What to bring?

- ▲ Electronic identity card (eID).
- ▲ Your glasses, possibly sunglasses.
- ▲ Keep your ophthalmologist informed of surgeries or medication changes throughout the treatment process. It is therefore recommended that you bring a recent medication list with you at each visit.
- ▲ Any papers of disability.

03 BEFORE TREATMENT

Preparation

After you register at the polyclinic, a staff member will go over some information with you: your date of birth, the eye being treated and possible allergies. You will be given a hat and an apron to put on. Your personal items can be stored in a locked cabinet.

Medication

Next, you will be administered different medications several times:

- ▲ Eye drops to dilate the pupil. This will temporarily reduce your vision.
- ▲ Eye drops that numb the eye.

The administered drops may cause a stinging sensation in your eye that lasts about 10 seconds.

When it is almost your turn for an injection, a staff member will escort you to a small waiting room next to the sterile treatment room.

04 THE TREATMENT ITSELF

Preparation in the room

The nurse will bring you into the sterile treatment room. Your name, the eye to be treated and any allergies will be checked again. You will be asked to lie down on the table. Then the skin around the eye will be disinfected with isobetadine eye solution (which contains iodine). After this you are not allowed to touch your eye or your face. Then the eye doctor will take over.

Preparation of your eye

The doctor will explain each step of the procedure to you. A cloth with an opening for the eye to be treated will be placed over your face. Breathing is not a problem under this cloth. Your eye is held open with an eyelid spreader. Next, the eye itself is also disinfected with an isobetadine eye solution. This may feel cold to the touch.

Do not touch the cloth or your eye.

Let the excess liquid run down your cheek. The disinfectant is left in situ for 1 to 2 minutes.

Injection

Meanwhile, the doctor prepares the medicine. The disinfectant liquid is rinsed away. The ophthalmologist then determines the correct injection site with an instrument. Here you may observe a slight pressure on the eye.

The eye is anesthetized again with drops. Then the medicine is injected. The puncture itself takes a fraction of a second. You may see the medicine appear as a 'cloud'. Sometimes very small air bubbles are injected with it. You may see these as dark spots. They will gradually get smaller and disappear completely after a few days.

Depending on the type of drug used, a drop of antibiotics might be administered first. The doctor will hold out a number of fingers for you to count. Then the eyelid spreader and cloth will be removed.

The whole process in the sterile treatment room takes about 10 minutes.

05 AFTER TREATMENT

Right after

You will be escorted back to the corridor by the nurse. There, a staff member will check if you need another **eye pressure measurement**. If that is not the case, you can go home immediately.

However, you **cannot drive a car**. If possible, have someone accompany you to take you home after the treatment. Your eye will not be covered, so you will be able to take public transportation alone.

Do not rub the eye that was just treated with a handkerchief or your hand. You can wipe away excess tears carefully under the eye with a clean cloth.

The days after

It is not recommended to wear **make-up** on the day of the injection. You can wear them the day after.

You are not allowed to **swim** or visit the **sauna** for three days after the treatment.

You are not allowed to wear **contact lenses** on the day of the injection and four days afterwards.

Antibiotics

We will give you a **new bottle** of antibiotic eye drops with every injection. In principle, the bottle has a shelf life of one month, but due to the risk of infection you should not use it for the next injection.

You can use the eye drops in combination with your **other eye drops**. There must be at least 5 minutes between instilling different types of drops. Otherwise you will be washing away one drop with the other.

If you are **allergic** to certain eye drops, this will be noted in your file. The doctor who gives the injection looks at this file in the treatment room. An alternative will be used if necessary. However, we recommend that you always mention that you have an allergy. Your treating doctor can then be extra vigilant.

06 POSSIBLE SIDE EFFECTS

Normally, you will have little discomfort after the injection. The day of the treatment the eye will be sensitive. You may experience a scratching sensation and have watery eyes.

The next day this should be much better. The injection may cause a small hematoma in the white of the eye, which might turn it completely or partially bright red. Your ophthalmologist will tell you if this happens to you. Luckily, it is harmless and will disappear after a few days to weeks.

Which side effects require immediate action?

Contact us by phone or immediately go to the emergency room if you suffer from one or more of the following symptoms:

- ▲ Your vision is blurred or deteriorates.
- ▲ Your eye hurts. The day after the treatment the pain should be gone or at least clearly better. If your eye starts to hurt again, this is not normal.
- ▲ Your eye becomes redder compared to the situation just after the injection.
- ▲ There is pus or discharge from the eye.
- ▲ You are overly sensitive to light.

It is important that you **inform** healthcare workers that you have had an injection in the eye. If in doubt, it is better to come in for an additional examination.

07 CONTACT

If you cannot keep an appointment, if you still have questions, or problems or inconveniences after an intravitreal injection, contact us:

- ▲ Poli clinic for eye diseases: 09 332 23 06
- ▲ Intravitreal injections – planning: 09 332 51 94

In case of urgent, worrying problems:

- ▲ UZ Gent emergency department: 09 332 50 24
- ▲ Ophthalmologist on duty: 09 332 20 80

Please **do not** contact the ophthalmologist on duty during working hours. The ophthalmologist on duty is busy with the daily care of patients. Even during off-hours, the ophthalmologist on duty can always contact the responsible staff member in case of problems.

NOTA'S

Ophthalmology

Entrance 69, route 390

T +32 (0)9 332 23 06

www.uzgent.be/oogheekunde

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Universitair Ziekenhuis Gent

C. Heymanslaan 10 | B 9000 Gent

T +32 (0)9 332 21 11 | E info@uzgent.be

www.uzgent.be

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