

INFORMATION FOR PATIENTS

ABOUT

**INTRAVITREAL INJECTION AT MOWBRAY
SQUARE**

Department of Ophthalmology
Harrogate District Hospital
Lancaster Park Road
Harrogate HG2 7SX
01423 885959
Direct line: 01423 553423
www.hdft.nhs.uk

The procedure

You should allow 2 hours for your clinic visit. On arrival, your vision will be checked by a nurse who will then administer eye drops which dilate your pupils. The dilating drops will cause your vision to be blurred and your eyes to be sensitive to light for a few hours so it is important to make arrangements for transport home after the procedure. These drops are needed to allow the nurse to perform imaging of the back of your eyes using an Optical Coherence Tomography (OCT) scan. This, along with examination of your eyes, will allow the healthcare professional to decide whether treatment or monitoring is indicated regarding macular degeneration.

If treatment is deemed necessary, you will have an injection into the vitreous jelly in your eye. This is called an intravitreal injection. This injection needs to be given in a "clean room" to avoid infection. At our clinic doctors and specifically trained health care professionals give the injections.

Before the injection, you will be given anaesthetic eye drops to make your eye numb. The skin around your eye will be cleaned, the doctor will place a device to hold your eyelids open so you do not need to worry about blinking during the procedure. The procedure, including the preparation, usually takes 5 to 10 minutes.

The injection shouldn't usually be painful but you will feel a pressure sensation as you have the injection and the eye may be a little sore after the anaesthetic wears off. Because the injection goes into the gel in the centre of your eye there is a slight chance that the pressure inside your eye may rise a little. This shouldn't cause you any pain or change your vision, but you will need to be checked shortly after you have the injection.

The sight in the treated eye may be blurry because of the drop to dilate your pupil, but this should wear off within a day. Some people find that they have slight swirls in their vision for a few days following the injection. You may find that your eye waters a bit more following the injection and that your eye may be slightly red or irritated but this normally gets better after a few days.

What are the reasons for doing this?

- **Age related Macular degeneration (AMD)**
- **Diabetic macular oedema,**
- **Retinal vein occlusions with macular oedema**
- **Other conditions**

What treatments are used?

Lucentis and Eylea

The most recent treatments available on the NHS for AMD are with anti vascular endothelial growth factor (anti VEGF) drugs, called Lucentis and Eylea. As new blood vessels form in your eye, your body produces a chemical which stimulates further new blood vessel growth. Anti VEGF drugs interfere with these chemicals and stop the vessels from growing. By stopping blood vessels growing and leaking, further damage to your sight is prevented.

Lucentis has been approved by NICE for treatment of diabetic macular oedema and macular oedema associated with retinal vein occlusions in certain circumstances. It works in these conditions by stopping leaking and preventing vision loss.

Avastin

Avastin is used worldwide to treat eye diseases, however, it was not initially developed to treat eye conditions and it is not licensed

for this use. Most medication used to treat medical conditions in children is used off-licence like Avastin for eye conditions.

What are the risks?

The main complications of this treatment are the chance of a rise in pressure in your eye, retinal detachment and eye infections which can be serious.

These only happen to a very small minority of people (less than 1 per cent of people having the treatment) and there are treatments available if any of these complications happen to you.

There **may** be a very small increased risk of heart problems or strokes, although this is not proven. If you have suffered from one of these in the past please inform the doctor or nurse.

If you are a woman of child-bearing age, you should take precautions to avoid pregnancy whilst you are receiving treatment with an anti VEGF drug as we are currently not aware of the effects this can have on pregnancy.

Please contact us urgently on 01423 553195 (mon- fri 8:30am-5pm) or out of hours ask to speak to the on call Ophthalmologist via the hospital switchboard on 01423 885959 if you experience any of the following:

- Severe eye pain
- Reduced vision
- Severe red eye
- Increase in floaters or flashing lights

What anaesthetic will be used?

Lots of anaesthetic eye drops

Follow up

Usually you will need a course of injections. It is important that we see you regularly to check your eye and the progress of the treatment.

Usually anti VEGF treatments (Lucentis, Eylea, and Avastin) have a high success rate and, in most people, they stop sight getting worse. About 40 per cent of people also see an improvement in their vision.

Other Help

- **Low vision aid clinics** are run by the hospital eye clinic. If you are finding reading or other activities difficult ask the Doctor/ Nurse about these clinics as there are magnifiers/ lights which can be purchased/ loaned which may help you.

- **Help for age related macular degeneration:**
 - There are **patient information leaflets** available explaining about Age Related Macular Degeneration. If you have not had one please ask the Doctor/ Nurse for one.
 - **Smoking** has been associated with an increased risk of Age Related Macular Degeneration. If you smoke, we would recommend that you stop.
 - **Vitamin supplements** may help protect your other eye. As these are not a medication they cannot be prescribed and you have to buy them over the counter at Chemists. There are lots on the market. Please ask the Doctor about these. If you are or were a recent smoker it is important that you get advice regarding which vitamin supplements to take as you need to avoid Beta carotene as this may increase your risk of lung cancer.
 - **Self monitoring.** If you have Dry Macular Degeneration in an eye, we recommend daily monitoring with either an Amsler chart or by looking at something with straight lines

such as blinds, bathroom tiles, window/ door frames. When testing an eye in this way it is important to close the other eye. If you notice a sudden increase in distortion/ wavy lines with your eye please contact us within the next day or so on the urgent number above. You may need further treatment.

If you need to change an appointment

If you cannot make an appointment or need to change your appointment please call us on one of the following telephone numbers:

- Harrogate District Hospital IVT office 01423 557417

How to find us

We are located in central Harrogate at the Mowbray Square Medical Centre just off Westmoreland Street.

Address

Mowbray Square Medical Centre
Myrtle Square
Westmoreland Street
Harrogate
HG1 5AR

Arriving by bus

The 104 and 111 services from Harrogate stop on a regular basis on Westmoreland Street, just around the corner from Mowbray Square Medical Centre.

For more information regarding bus services please contact Harrogate and District Travel on 01423566061 or visit www.harrogateanddistrict.co.uk.

Arriving by train

We are less than a 10 minute walk from Harrogate train station. Leave the rear entrance of the station heading east towards East Parade past the multi-storey car-park. When you meet East Parade, take a left then shortly afterwards bear right continuing along East Parade. After approximately 400m take a right onto Mowbray Square.



Parking

There is a free patient car park for use during your appointment with a health care professional.

Disc zone parking is available on Westmoreland Street, Mowbray Square, Myrtle Square.

Public car parks in Harrogate are not too far away:

- Dragon Road car park (next to the ASDA shoppers car park)
- The Odeon car park (next to the Odeon cinema)
- Park View car park (on East Parade)
- Victoria Multi storey car park (on East Parade)

There is also free unrestricted on-street parking available on surrounding streets.

This information is available in other formats on request. Please ask your nursing staff to arrange this

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