

## INFORMATION FOR PATIENTS

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# Eye drops for children (cyclopentolate)

## New patients

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As part of your child's eye examination, the doctor/optometrist suggests a test called a refraction. This checks if glasses are needed.

The test may take place on the first appointment or at a future visit to the hospital.

To perform the test accurately, drops must be put into the eyes to enlarge the pupils. These may be put in by the orthoptist in clinic, or parents may be asked to put them in at home. When the drops are put in they take about 30 minutes to work to their full effect.

The drops can be uncomfortable when they go into the eye, so the orthoptist will try to put them in as quickly and efficiently as possible.

Enlarging the pupils means the optometrist/doctor can shine a light in the eyes without the pupils reacting and becoming smaller.

### What do the drops do?

**1.** Make the pupils in the eye become larger.

This can make the eyes more sensitive to light as the pupils will not be able to react to the light.

This may last for the rest of the day. If your child has pale (blue or grey) eyes the pupils may remain larger into the next day.

Wearing a cap or sunglasses may make your child more comfortable, especially while travelling to and from the hospital.

**2.** Blur vision (especially near vision).

The drops stop your child's eyes from focusing as this could interfere with the test results. Your child may have difficulty with close work such as reading and writing for around four to six hours.

You may decide to keep your child off school after the test. If they do go to school then you should let the teacher know about the blurred vision.

### Are there any risks from the eye drops?

Very occasionally some children are allergic to drops. Their eyes may become red, or they may become 'flushed' with a raised temperature. Let your doctor know if this happens.

### What happens at the test?

The optometrist/doctor will check and make sure your child's eyes are healthy. This is done by shining a bright light into the eyes.

They will also measure your child's eyes to decide if he/she needs a prescription for glasses.

We do not always order glasses, even if the child does appear to be slightly long or short-sighted.

The factors which influence whether glasses are ordered include:

- a) Your child's vision
- b) If he/she has a squint
- c) The strength of lenses required
- d) The age of your child.

After considering all these things, a decision will be made whether to order glasses. If your child does need glasses, you will be given a voucher to take to an optometrist to have the glasses made.

### Contact details

If you have any queries about your child's treatment please contact the Orthoptic Department:

- **Email:** [Sfh-tr.orthoptics@nhs.net](mailto:Sfh-tr.orthoptics@nhs.net)
- **Urgent orthoptic queries:**
  - Telephone: 07768615247, Monday to Wednesday, 8am-4pm
  - Telephone: 07825866704, Thursday to Friday, 8am-4pm
- **For appointment booking/cancellation:**
  - Telephone: 01623 672383

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

BIOS website: [www.orthoptics.org.uk](http://www.orthoptics.org.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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