

INFORMATION FOR PATIENTS

# Eye drops for children (cyclopentolate) - follow-up patients

This leaflet explains why your child needs drops for a glasses test. It explains how to put them in, and what to expect at the test.

### Refraction test

At your child's next visit to the ophthalmic department, he/she will have a test called a refraction. This checks if glasses are necessary. To perform the test accurately, drops must be put into the eyes.

### Putting the drops in

You need to put one drop into each of your child's eyes 30 minutes to one hour before their appointment time. It might help you to write down the time this needs to be done:

**Appointment time** .....

**Eye drops** .....

The drops can be uncomfortable when they go into the eye. Try to put them in as quickly as possible. By doing this in advance, your child's eyes will be ready for the test.

The optometrist/doctor will check to see if your child needs glasses and will also make sure the eyes are healthy.

### What do the drops do?

1. Make the pupils in the eyes become larger.

Enlarging the pupils means the optometrist/doctor can shine a light in the eyes without the pupils reacting and becoming smaller. However, 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 his/her 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. Please 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 your 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 they have 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.

## **After the test**

A follow up appointment will be made to see your child again if required.

If your child does need glasses you will be given a voucher to take to an optometrist to get the glasses made.

## **Contact details**

If you have any queries please ring the Orthoptic Department:

### **King's Mill Hospital**

01623 622515, extension 3365 or 6655  
Monday to Friday, 9am-4pm.

### **Newark Hospital**

01636 681681.

### **Useful contacts**

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

### **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)

### **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.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you need this information in a different language or format, please contact the PET (as above).

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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