All day measurements of eye pressure

All-day measurements of eye pressure
This leaflet was not approved at the editorial committee meeting on 28 February. The author has confirmed that an old version of the leaflet was reviewed at this meeting. This is the version of the leaflet that the author would like the committee to review with comms edits.

Rationale for leaflet
Information provision is one of the 12 quality standards that NICE has set for the care of patients being monitored and treated for glaucoma. It has to be relevant and accessible to patients at initial and subsequent visits.

Intraocular pressure phasing is used for both the diagnosis and management of patients with glaucoma or glaucoma suspects. It shows the intraocular pressure range during the day. It is indicated mainly for the following group of patients:

- Intraocular pressure measures borderline in clinic with or without treatment.
- Patients are Normal Tension Glaucoma suspects and commencement of treatment is being considered.
- Glaucoma is progressing, even though intraocular pressure appears adequately controlled at follow up appointments.
- Patients have recently been commenced on treatment and the treating clinician wants to ensure adequate pressure reduction throughout the day.
- Also, as this process deviates from the standard of care, when patients have a one-off intraocular pressure measurement in clinic and then proceed with other tests and clinical evaluation, patients tend to get confused on the day and tired from the length of the assessment.
- For all reasons stated above, it appears imperative for patients to get access to detailed information on what day phasing involves.
This leaflet is for people having all-day measurements of eye pressure. It explains what will happen during your procedure.

**What is eye pressure?**
The eyeball contains a fluid called aqueous humour which is constantly produced by the eye. Usually any excess fluid drains out through tubes, which helps to maintain normal fluid pressure (or intraocular pressure) inside the eye. The normal pressure in the eye is between 10 and 21 millimetres of mercury (mmHg). If for any reason the fluid is blocked and cannot get out, the pressure can rise.

**What is all-day measurement of eye pressure?**
Eye pressure can vary by as much as 6mmHg during the day and this can be more in glaucoma patients. During a regular appointment, a single pressure measurement of eye pressure is taken. Typically, measurements are higher in the early morning although this is not always the case. Therefore, your consultant ophthalmologist has arranged for you to have the pressure in your eyes assessed every two hours over an eight-hour period. This is called day phasing.

**What are the benefits?**
This assessment helps us diagnose and monitor your eye condition and is useful if:
- Your eye pressure is borderline with or without treatment
- You are showing symptoms of normal tension glaucoma and treatment is being considered
- Your glaucoma is progressing even though you have normal eye pressure measurements
- You have recently started treatment for eye pressure and your consultant wants to lower your eye pressure during the day.

**What happens during the procedure?**
A phasing nurse or technician will measure your eye pressure every two hours. The nurse/technician will put anaesthetic drops (a painkilling medication) into your eye. A yellow/orange dye is also put into your eyes to temporarily stain the tears. Your vision will not be affected by the drops. The phasing will take place in the Eye Clinic either between 8am-4pm or 8:30am-4.30pm.

You are welcome to leave the clinic between measurements or you can stay in our waiting area. It can be a long day so you may wish to bring someone with you or bring something to read or do while waiting.

If you would like something to eat or drink during our appointment, you can bring in your own refreshments. There are also several places to buy food and drink within the hospital and in the local area.
When will I get my results?
You can ask the nurse/technician for your results during your appointment. Unless if the results demonstrate very high intraocular pressures, requiring urgent attention, you will not be reviewed by a doctor on that day. A clinic appointment will be arranged at a time interval that has been requested by your treating clinician.

Notes

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Author: Eleni Nikita
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Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)
Phone: 020 7566 2324 or 020 7566 2325
Email: pals@moorfields.nhs.uk
Moorfields’ PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks
Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs.