

Patient information

# All day measurements of eye pressure

This leaflet is for people having all-day measurements of eye pressure. It explains what will happen during this procedure, answering frequently asked questions some patients may have.

## 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 of the eyeball through small internal drainage tubes, which allow the maintenance of normal fluid pressure (or intraocular pressure) inside the eye. The normal pressure in the eye is approximately between 10 and 21 millimetres of mercury (mmHg). However, 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 common 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 of day phasing?

This assessment helps us diagnose and monitor your eye condition and is useful if:

- your eye pressure is borderline with or without eye treatment.
- you are showing symptoms of normal eye pressure 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 see if your eye pressure has lowered sufficiently 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 may also be 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 every two hours from 8:30am-4.30pm. You are welcome to leave the clinic in 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. You will not be reviewed by a doctor on that day, unless the results show very high intraocular pressures, which require urgent attention. A clinic appointment will be arranged at a time interval that has been requested by your treating clinician.

**Notes**

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**Moorfields Direct telephone helpline**  
Phone: 020 7566 2345  
Monday-Friday, 8.30am-9pm  
Saturday, 9am-5pm  
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: [moorfields.pals@nhs.net](mailto:moorfields.pals@nhs.net)  
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](http://www.nhs.uk/choiceinthenhs).