

Patient information

Stable keratoconus clinic

What is the keratoconus stable monitoring clinic?

This clinic has been specially designed to reduce waiting times and improve the patient experience and care following a corneal cross-linking (CXL) procedure. Evidence has shown that more than 90% of patients remain stable after CXL; however, to be certain of this, you will be monitored for a total of five years following your procedure.

How does this clinic work?

The clinic is run by optical assistants who will complete all the required tests in a single appointment in much the same way as at your previous keratoconus monitoring appointments. Although you will not receive any results on the day, your data will be reviewed by a specialist optometrist after your appointment and you will receive a letter with your results within a few weeks.

What will happen at my appointment?

At your appointment, you will have a vision test followed by a series of ocular scans. If your examination results are stable we will write to confirm this, including details of your next appointment. Although we will select a date/time for you, if this is not

convenient you can change it by calling our administration team on 020 7566 2320. These contact details will also be included with your letter.

We will continue to monitor you in this clinic until approximately 5 years post-CXL. If, at this point your results continue to be stable as expected, we will discharge you back to the care of your community optometrist. If you are being seen by any other hospital eye services for other ocular conditions, this will continue as normal.

What happens if there is a change in my eye condition?

In the (very unlikely) event that any changes are detected following analysis of your results, we will contact you to come back and repeat some tests. At this appointment you will be seen by one of our clinicians who will discuss the results with you in person. Please keep in mind that CXL is generally very effective and that treatment failure is incredibly rare.

How long is the appointment?

We will aim to have all your tests done within 30 minutes; however there may



be a short wait before you are called through for your appointment.

What about my glasses and contact lenses?

It is very important that you bring any glasses with you to your appointment so that we can accurately measure your vision. As was the case with your previous appointments, it is important that you do not wear your rigid contact lenses for two weeks before your scans. For soft lenses, please allow one week without lens wear. If you are experiencing any difficulties with this, please call our booking team on 0207 566 2320. Please remember that we do not perform routine eye tests at these appointments and that you should continue to see your local optometrist every 1-2 years. Please also be aware that his imaging clinic is unable to assess any conditions other than keratoconus.

Your feedback

Your views are important to us. At the end of the appointment, we will provide you with a feedback form so that you can let us know what you think of the service.

Further information

For further information, please visit the keratoconus page found on our website: www.moorfields.nhs.uk/condition/keratoconus

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City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

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/ 020 7566 2325
Email: 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

