



Spire

Edinburgh Hospitals
Murrayfield and Shawfair Park

Glaucoma Logbook

**Working with you to
manage your glaucoma**

Pankaj K Agarwal

Looking after you.

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Introduction

The purpose of this logbook is to help you manage your glaucoma better. It allows you to have a portable record which provides you with information about your current glaucoma treatment and any changes of treatment that you may have had.

There is also information regarding the condition, risk factors and a section of frequently asked questions. You can also keep a record of your intraocular pressure (IOP).

Within the booklet there are areas to record contact information for the glaucoma clinic you attend and useful information on the practical aspects of instilling eye drops and eye hygiene.

Details of support organisations locally and nationally are included within this booklet.

At the back of the booklet there is a section to note down any questions you may have to ask at your next visit.

Please bring your Glaucoma Logbook to each appointment.

Risk factors

Age

Glaucoma is more common in people over 40.

Ethnic Background

There is a greater risk of developing glaucoma if you have an African, Afro-Caribbean or Asian ancestry.

Short-sightedness

There is a higher risk of developing glaucoma if you are short-sighted.

Medical History

There is a higher risk of developing glaucoma if you have certain medical conditions including high blood pressure and diabetes.

Family History

You may have an increased risk of developing glaucoma if one of your close relatives has glaucoma.



Glaucoma team

Your Consultant:

Name and contact details of your GP:

Clinic Address:

Name of your Community Optometrist:

Contact telephone numbers:

About you

Name: _____

D.O.B: _____

Hospital Number: _____

Glaucoma diagnosis: _____

List of any drug allergies: _____

Current medications: _____

Initial examination

	Right eye	Left eye
Diagnosis (Type of Glaucoma / Ocular hypertension)		
Starting intraocular pressure (IOP)		
Drops		
Treatment drops		
Drops		
Laser		
Other		



How to instill eye drops

1. Wash your hands.
2. Check you have the correct drops and that they are in date.
3. Using your index finger gently pull your lower eye lid down to create a pouch to instill the drop (figure 1).
4. Look up, and with your other hand bring the bottle towards your eye, taking care not to touch the eye or lashes with the tip of the bottle.
5. Squeeze the bottle to release one drop (figure 2).
6. Once the drop is released, close your eyes and place your index finger at the corner of your eye nearest your nose for one minute (figure 3).
7. If drops are needed for both eyes, repeat the procedure.
8. If using more than one type of drop wait 5 minutes before instilling the next drop



Figure 1



Figure 2

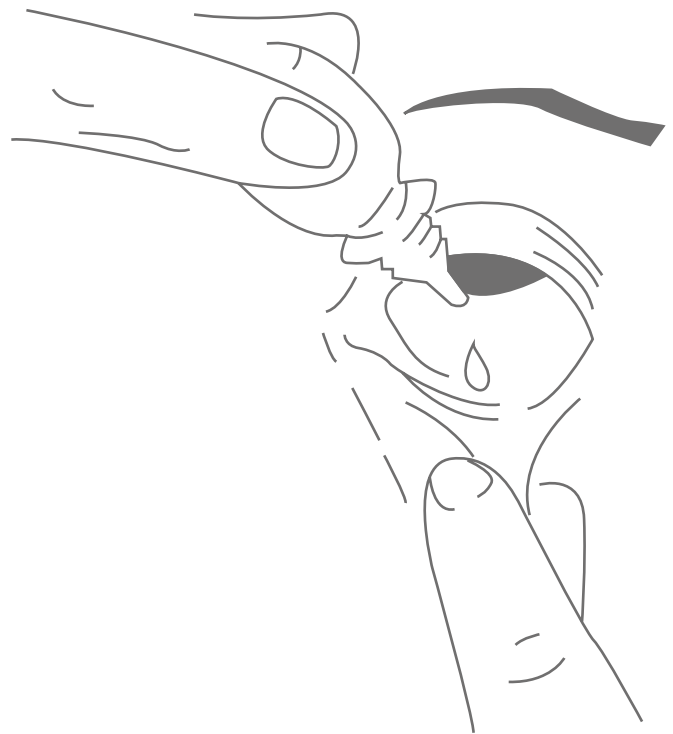


Figure 3



Please let a member of your glaucoma team know if you are having problems instilling the drops as there are appliances which can help.

Glaucoma support

We are happy to answer any questions you may have regarding your glaucoma care within the clinic but understand you may wish further information about glaucoma.

The International Glaucoma Association (IGA) is a support organisation which provides up-to-date news and information about glaucoma.

<http://glaucoma.uk>

They also provide a phone line where you can call for help and advice.

Phone: **01233 64 81 70**

DVLA

Phone: **0300 790 6801**

Website: **www.dft.gov.uk/dvla**

Royal National Institute of Blind People (RNIB)

Phone: **0303 123 9999**

email: **helpline@rnib.org.uk**

Sightline

Website: **www.sightlinedirectory.org.uk**

Frequently asked questions

What is Glaucoma?

Glaucoma is the name for a group of eye conditions that involve damage to the optic nerve in your eye.

How long will I keep using the drops?

Usually people have treatment for glaucoma for the rest of their lives.

Can Glaucoma be cured

If it is diagnosed and treated early enough further damage to your sight can be slowed

Am I still able to drive with Glaucoma?

The majority of people with glaucoma are able to drive but it is best to inform the DVLA of your eye condition as they may wish to perform further tests.

What do I do if I miss a dose of my eye drops?

You are best to take it as soon as possible and then return to your normal drop routine.

What do I do if I have side effects from my drops?

You can ask your Pharmacist for advice about your drops.

Should my family be checked?

Glaucoma can run in families it is therefore advisable for your close family members over the age of 40 to have regular eye tests at their Optometrists.

Please bring your **Glaucoma Logbook** to each appointment!

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