



## Appendix B to RANZCO Guidelines for Performing Intravitreal Therapy

### Instructions for patients following intravitreal injection

Name: \_\_\_\_\_ Date:        /        /

You have had an injection of \_\_\_\_\_

into your right / left eye

- If you have an eye pad on your eye, please try to keep your eye closed. You may remove the eye pad two hours after the injection.
- If you have been given eye drops, please use them \_\_\_\_\_ times a day
- Paracetamol or a simple pain tablet may be taken if necessary.

#### You may notice any of the following over the next two days:

- Grittiness / feeling of something in the eye: this can be quite severe in the first few hours after the treatment, but should settle down after that
- Redness of the eye, especially in the area where the injection was given. Occasionally there will be a large red spot on the white of the eye. This should be painless and the vision will not be affected. It will gradually disappear.
- Blurry vision
- Floaters or “blobs” in your vision: these will become smaller and disappear over a few days. If you have had an injection of triamcinolone, the floaters may persist for a longer time. Check this with your doctor.
- You will be given an appointment for your next checkup, and next injection if necessary, at the reception desk before leaving.

#### You must report if you have any of the following:

- Severe pain
- Marked worsening of vision or loss of vision
- Floaters/clouds in the vision which are new or increasing in the days after injection

In case of emergency call \_\_\_\_\_

Or go to the Emergency Department at \_\_\_\_\_