

## Pupil dilation advice

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### Tropicamide eye drops

We have dilated your pupil today to get a better view of the back of the eye, with an eye drop called Tropicamide 0.5% / 1%.

The eye drops have 2 effects:

- Dilate the pupil (makes the black part of the eye large). This may also make the eyes sensitive to bright light.
- Stop the eye from focusing normally, which blurs the vision.

### Narrow angles (channels)

We have previously noted that you have “narrow drainage channels”. This means the fluid produced inside the eye may not be able to drain away as normal, through the drainage channel, as it may be improperly functioning or blocked. If fluid cannot drain away properly, the pressure in the eye rises.

Using the Tropicamide eye drops in your eyes, we increase the risk of you having an “angle closure episode”, where the iris is pushed forward and against the cornea, blocking the pathway to the drainage channel and causing the pressure in the eye to rise.

Although this is extremely unlikely to occur, it is important you are aware of the signs and symptoms and that you seek treatment immediately.

### Symptoms of an angle closure episode

- Blurred vision (which can also be caused by the dilating drops)
- Halo (bright circle) around lights
- Nausea
- Brow ache
- Eye pain

## Signs of an angle closure episode

- Mid dilated pupil (remaining so in bright light)
- Red eye

## What to do if signs or symptoms occur

If these signs or symptoms occur/persist as the drops are wearing off, we advise that you ring the Eye Clinic for advice.

- During regular working hours of 9am – 5pm Monday to Thursday and 9am – 1pm Friday, please ring 01271 322647 and explain situation to the eye clinic nurses.
- Out of hours, please ring 01271 322577 (main hospital switchboard) and ask to be put through to the on-call eye A&E doctor.

## Useful numbers

Eye Clinic nurses 01271 322647

Main switchboard 01271 322577

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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