

Taking steroid eye drops for ocular inflammation

Department of Ophthalmology

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Information for Patients

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What are steroids?

Steroids are a class of medicines used to treat inflammatory conditions in the body. You have been prescribed eye drops that will have effect only on the eye. The steroid will have no or very little side effect on the body.

You have been prescribed steroid drops as you have an inflammatory process in the eye. Steroid eye drops suppress the inflammation but it does not cure it.

Why have I been given steroids drops?

To help reduce the inflammation in the eye. It may also help with the pain as the inflammation goes down.

What dose do I take?

The recommended eye drops dose is based on your needs. It can be from having to use eye drops every hour to once every 2 days. It depends on your symptoms. Steroid eye drops can increase pressure in the eye or cause cataract in some patients. The eye specialist (ophthalmologist) will keep a check on these. They will advise you if you develop any of the side effects.

Please complete the course of steroid eye drops that you are given.

Stopping your treatment too soon could lead to your symptoms returning. We may reduce how often you take the eye drops slowly over several weeks.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net



If you take steroid tablets, you should **not** stop taking your steroid tablets or change the dose unless advised by your doctor. It can be dangerous to stop steroids suddenly.

How long will it take to work?

Steroids often work quickly. You will often notice a benefit within a few days.

What are the possible risk of side effects?

- You may get some blurred or cloudy vision straight after using the eye drops. If your eyesight does not go back to normal after a few minutes, or you think your sight is slowly getting worse, tell your doctor or contact Eye Casualty.
- Increased risk of cataract.
- Increased risk of raised eye pressure.

If your appointment has been delayed, please contact the booking team. You will need to be monitored since you are on steroid eye drops and these can have side effects.

Can I take other drops along with the steroid drops?

Yes, but please allow 5 minutes between drops to avoid the drops being wash out.

Who should I contact if I have any concerns?

If you think you may have any problems with your eyes contact:

- the Eye Casualty Department on **0116 258 6273**
- or go to Eye Casualty located in the Windsor Eye Clinic, Level 1, Windsor Building, Leicester Royal Infirmary.

Monday to Friday, 8.30am to 4.30pm, Saturday and Sunday, 8.30am to 12.30pm.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net