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Monitoring changes to your vision after discharge from Medical Retina Clinic

Ophthalmology Department

Information for Patients

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What advice do I need to follow after being discharged?

You are being discharged today from the medical retina clinic because your eye condition is stable.

Please make sure you go to your routine optician appointments for your regular eye check.

It is very important to notice if:

- your vision gets worse.
- you have blurred patches in your vision.
- straight lines appear distorted or wavy.

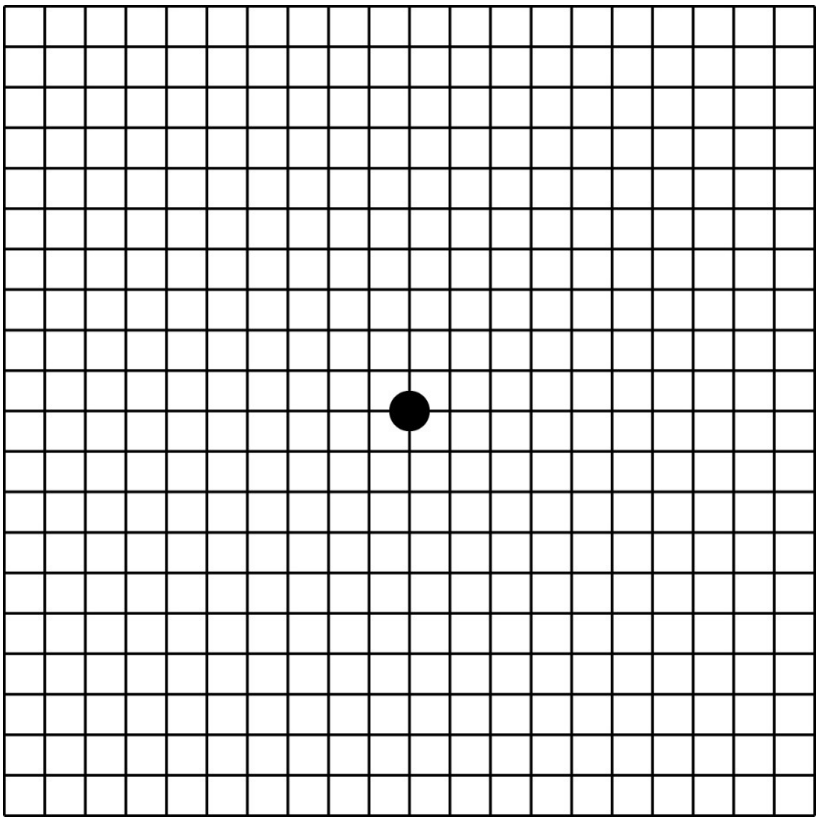
Please note: if you have a macular condition, for example age-related macular degeneration (AMD), you may have had some of these changes for some time now. However, it is important that you identify if these changes become suddenly worse.

You should check your vision every 2 weeks with the Amsler grid overleaf and report any changes to your local optician.

How to use an Amsler grid to monitor your vision

- Make sure you are in an area with good lighting.
- Use your reading glasses. If you only wear bifocals or varifocals, make sure to use the bottom or reading part of the lens.
- Hold the Amsler grid at your normal reading distance, around 30 to 40cm (12 to14 inches) away.
- Cover 1 of your eyes with your hand.
- Look at the centre spot at all times throughout the test.
- As you look at the centre spot, check if:
    - all the lines are straight.
    - all the squares are the same size.
    - any areas on the grid look blurred or distorted.

Check your vision every 2 weeks with the Amsler grid and report any changes to your local optician.



What to do if you have any concerns

If you have any concerns about your eyes you should either:

- contact the Eye Casualty Department on **0116 258 6273**.
- attend the Eye Casualty Department in Windsor Eye Clinic, Level 1, Windsor Building, **Leicester Royal Infirmary.**
- **Opening times:** Monday to Friday: 8.30am to 4.30pm
  Saturday, Sunday and bank holidays: 8.30am to 12.30pm

If your problem happens outside of these hours and you feel that it is urgent, you should go to the main Adult Emergency Department at Leicester Royal Infirmary.

More information

For more information and support on macular eye conditions, you can visit the Macular Society website at: https://www.macularsociety.org/

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

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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

We are a research hospital and you may be asked to take part in research

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