



## All day Measurements of Eye Pressure (Phasing)

The doctor or practitioner you saw today in the clinic feels that it would be beneficial to measure your eye pressure throughout the day. They have therefore requested a phasing clinic appointment. This leaflet explains what will happen during the procedure.

### What is eye pressure?

The eyeball contains a fluid called aqueous humour which is constantly produced by the eye.

Usually the fluid drains out of the eyeball via the trabecular meshwork (a specialised structure between the iris and cornea) This helps to maintain normal fluid pressure (or intraocular pressure) inside the eye. The normal pressure in the eye is between 10 and 21 millimetres of mercury (mmHg). If for any reason the fluid cannot drain as it should do, it can lead to the pressure rising.

### What is all-day measurement of the eye pressure?

Eye pressure can vary by as much as 6mmHg during the day, and this can vary more in patients with glaucoma. Large fluctuations in pressure can cause progression of glaucoma even if the pressures are all within the normal range. During a regular clinic appointment, a single measurement of the eye pressure is taken. Typically, measurements are higher in the early morning although this is not always the case. It may be important to know what the pressure reading is at different times of the day. Therefore, your Consultant Ophthalmologist has arranged for you to have the pressure in your eyes assessed every two hours over an eight-hour period. This is called day phasing.

### What are the benefits?

This assessment helps us to diagnose and monitor your eye condition and is useful if:

- Your eye pressure is borderline with or without treatment
- You are showing symptoms of normal tension glaucoma and treatment is being considered
- Your glaucoma is progressing even though you have normal eye pressure measurements
- You have recently started treatment for eye pressure and your consultant wants to lower your eye pressure during the day

### What happens during the procedure?

A nurse or technician will measure your eye pressure every two hours giving a total of five readings. The nurse/technician will put anaesthetic drops (a painkilling medication) into your eye so that you will not feel any discomfort whilst the pressure is checked.

A yellow/orange dye is also put into your eye to enable the pressure reading to be taken. Your vision will not be affected by the drops.

## Information for Patients

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You are welcome to leave the clinic between measurements or you can stay in our waiting area. It can be a long day, so you may wish to bring someone with you or bring something to read or do while waiting.

If you would like something to eat or drink during our appointment, you can bring in your own refreshments. There are also several places to buy food and drink within the hospital and in the local area. Please do not consume alcohol during the day of the test or drink excessive amounts of water as this may distort the readings.

**If you are take regular eye drops, please take them as you would do normally unless advised otherwise.**

### **When will I get my results?**

. Your results will not be reviewed by a doctor on the day, unless the results demonstrate very high intraocular pressures requiring urgent attention. A clinic appointment will be arranged at a time interval that has been requested by your treating clinician.

### **Contact Numbers:**

#### **Good Hope Hospital:**

Appointments: 0121 424 9651

Nurses: 0121 424 7664

#### **Solihull Hospital:**

Appointments: 0121 424 4463

Nurses: 0121 424 5063

#### **Heartlands Hospital:**

Appointments: 0121 424 0545

Nurses answer phone: 0121 4240543

If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email [patientexperience@uhb.nhs.uk](mailto:patientexperience@uhb.nhs.uk).