

Ophthalmology department

One-stop cataract clinic

Information for patients, relatives and carers

Introduction

This leaflet has been designed to give you information about the one stop cataract clinic and answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team but aims to help you understand more about what is discussed. If you have any questions about the information below, please contact us.

Cataracts

A cataract is a clouding of the natural lens of your eye that affects your eyesight. It can occur in most people as they age.

When the cataract has reached a stage where your vision is affected significantly, the only treatment option is cataract surgery. Cataract surgery involves removing the cloudy lens and replacing this with a clear artificial lens implant.

What is the one stop cataract clinic?

The clinic includes pre-assessment, investigations and clinical examination at the same time.

There will be an initial telephone appointment to determine if you are suitable to attend the one-stop cataract clinic. A member of the team will review your past medical history, medications and past ophthalmic history. So, please ensure you complete the attached questionnaire before the telephone appointment.

Following this, you will receive a face-to-face appointment. During this appointment, you will see several members of the team and the whole appointment can take between two to four hours. This involves:

- testing your vision +/- taking scans of the back of your eye
- taking measurements of your eye (biometry) using specialist equipment to help the surgeon to decide which lens to choose
- application of eye drops, which help to enlarge the pupil to enable examination of the back of your eyes
- examination of your eye by a clinician who will then discuss the results and management options

How to prepare for your appointments

Pre-appointment questionnaire

Please complete the **questionnaire starting on page four** before your telephone appointment and bring it with you when attending the one stop cataract clinic.

Contact lenses

If you use contact lens, you will need to remove them before the clinical appointment.

- Soft contact lenses must be removed two weeks before your clinical appointment.
- Hard lenses must be removed four weeks before your appointment.

This is because contact lenses can affect your eye measurements on the day.

Glasses

If you wear reading or distance glasses, or both, please bring them with you to your appointment.

Previous refractive surgery

If you have previously had laser refractive surgery (for example LASIK, LASEK, SMILE), please bring any information you have with you about the procedure.

On the day of your appointment

Driving

We advise you not drive to your appointment. For the clinician to examine your eyes, drops will be used to dilate your pupils. These will blur your vision for around four hours, and you are not legally able to drive within this period.

Also, you are advised to bring a friend or relative with you as you may find it difficult to get home.

Medication

Please bring a record of all your medications including tablets, eye drops and inhalers to your appointment

Who can I contact for more information?

- Emergency Department at Western Eye Hospital – 020 3312 3245
- Outpatients at Western Eye Hospital – 020 3312 3236
- Outpatients at Charing Cross Hospital – 020 3311 1109 / 1233 / 0137
- Pre-assessment at Western Eye Hospital – 020 3312 9729 / 973

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any suggestions or comments about your visit, please either speak to a member of staff or contact the patient advice and liaison service (PALS) on 020 3313 0088 (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or 020 3312 7777 (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: 020 3312 1337 / 1349

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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One stop cataract clinic questionnaire

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| Have you been referred here because you have cataracts? | |
| Is your eyesight causing you problems with carrying out your daily activities? | |

*If there is no impairment of your daily function due to your eyesight, then the clinical team would not recommend that you have cataract surgery. **We would recommend that you see your optician in 1 year for another check.***

| Previous Eye Conditions and Surgery | |
|---|--|
| Do you wear contact lenses? If yes, please say if they are soft or hard | |
| Have you ever had eye operations before, including laser treatment or refractive surgery? If yes, please provide details | |
| Do you have any corneal scarring? | |
| Do you currently have, or have you ever had any other eye conditions? If yes, please provide details | |
| Are you using any regular eye drops? If yes, please provide details | |

If you have glaucoma, you will likely be referred to a specialist glaucoma clinic for your cataract surgery planning.

If you have corneal scarring or have had previous laser refractive surgery, you are likely to be referred to a specialist cornea clinic for your cataract surgery planning.

| Medical History | |
|---|--|
| Do you have dementia? | |
| Do you have high blood pressure? If yes, is it currently stable on medication? | |
| Do you have diabetes (high blood sugar)? If yes, do you take tablets or insulin? | |
| Have you had a heart attack, stroke, seizure or blackout in the past 3 months? | |
| Have you got any history of angina, heart attack or heart surgery? | |
| Have you got any history of epilepsy, fits or tremor? | |
| Do you have a pacemaker or ICD (implantable cardioverter defibrillator)? | |
| Do you have dialysis? | |
| Have you been admitted to hospital in the past 6 months for any reason? **Nurse – please check Structured Notes to see any recent Imperial admissions, add note on Medisoft highlighting for Clinician to review** | |
| Have you been admitted to a hospital abroad in the past 12 months? | |
| Have you ever had MRSA infection or CPE (enterobacteria) infection? | |

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| What medications are you taking right now? | |
| Do you take warfarin? If yes, what is your target INR? | |
| Have you previously had any issues with anaesthetics? | |
| Do you have any other health conditions not mentioned above? For example: <ul style="list-style-type: none"> • chronic cough, asthma, chronic bronchitis • back pain • prostate problems (taking tamsulosin?) If yes, please give details | |

If you have dementia, we will arrange for you to be booked to a dedicated Consultant clinic as the One Stop clinic is not suitable for patients with dementia (Consultants who have GA cataract operating lists).

Please let us know if there are any problems that are currently still being investigated or treated. If they have not been fully treated, then it would be best to have these treated first, because cataract surgery should only be carried out when the patient is as healthy as possible, with all health problems under optimal control.

| Social and Mobility History | |
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| Do you require any mobility aids? If yes, please give details | |
| Are you able to transfer to and from a bed? | |

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| Are you able to lie flat on your back for 1 hour without difficulty? | |
| Can you put in eyedrops on your own? If not, do you have anyone who can help you? | |
| Do you smoke? | |
| Do you drink alcohol? | |

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| <p>Please give the name and contact details of your next of kin, and anyone who will be collecting you after the surgery.</p> |
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Useful contact telephone numbers

If you have questions before your appointment, please contact the pre-assessment nurse on **020 3312 9729 / 9730** at Western Eye Hospital or **020 3311 0137** at Charing Cross Hospital between 09.00 and 17.00, Monday to Friday.