



Appendix B to RANZCO Guidelines for Performing Intravitreal Therapy

Instructions for patients following intravitreal injection

Name: _____ Date: / /

You have had an injection of _____

into your right / left eye

- ~~If you have an eye pad on your eye, please try to keep your eye closed. You may remove the eye pad two hours after the injection.~~
- ~~If you have been given eye drops, please use them _____ times a day~~
- Paracetamol or a simple pain tablet may be taken if necessary.

You may notice any of the following over the next two days:

- Grittiness / feeling of something in the eye: this can be quite severe in the first few hours after the treatment, but should settle down after that
- Redness of the eye, especially in the area where the injection was given. Occasionally there will be a large red spot on the white of the eye. This should be painless and the vision will not be affected. It will gradually disappear.
- Blurry vision
- Floaters or “blobs” in your vision: these will become smaller and disappear over a few days. If you have had an injection of triamcinolone, the floaters may persist for a longer time. Check this with your doctor.
- You will be given an appointment for your next checkup, and next injection if necessary, at the reception desk before leaving.

You must report if you have any of the following:

- Severe pain
- Marked worsening of vision or loss of vision
- Floaters/clouds in the vision which are new or increasing in the days after injection

In case of emergency call 5562 4488 (BH) or 5563 1666 (AH)

Or go to the Emergency Department at South West Health Care