

Side effects: It is very common for your child to complain of blurred near vision or feeling sensitive to lights. This can last for a few hours to a couple of days. The use of a sun hat and sun glasses can help.

Explain to teachers that their near vision for reading and writing may be affected that day if returning to school.

A small number of children react to the drops with skin irritation which settles after a day or so.

Some children get flushed or irritable after drops, again this is only temporarily.

If concerned please alert a Doctor or Nurse in clinic.

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Royal Eye Unit

Eye Drops in the Children's Clinic

Patient Information Sheet

Tel: 020 8546 7711 Ext 2637 answerphone

Eye drops in the Children's clinic.

Part of the assessment of your child's eyes involves looking into the inside of the eyes to ensure all the internal structures are healthy. We also carry out a glasses test (refraction) at this time.

In order for the doctor or optometrist to be able to look inside the eye the pupil has to be made bigger (dilated). For an accurate refraction the focusing muscle of the eye (ciliary muscle) has to be relaxed.

We use two eye drops to dilate the pupil and relax the focussing muscle. The first eye drop is **Cyclopentolate** 1% for all children over 1 year of age and 0.5% for under 1 year olds. The second eye drop is **Phenylephrine** 2.5%.

One of the nurses in the eye clinic will put these drops in. Most children will require the drops to be done twice separated by about 15 minutes in order to gain full effect. The drops do take 40 minutes to work and sometimes longer in children with dark brown eyes.

Unfortunately, the drops do sting for a few seconds when instilled. This can be relieved by putting in an additional eye drop of **proxymetocaine** 0.5% first; this is an anaesthetic eye drop.

If your child is unwell, anxious or particularly distressed it can be advisable to take the eye drops home with you and return in a few weeks having put the drops in at home just before your appointment.