



Cataract Surgery Preoperative Medicines

Introduction

This leaflet will give you information about what eye drops you need to use **ON THE DAY YOU ATTEND FOR CATARACT SURGERY**. Please read this leaflet carefully before your surgery and make sure that you understand the importance of the timings. If you have any questions, or if you are unsure about anything, please call the ophthalmology team on: XXXXXXXXXXXXX

When do I put in the eye drops?

To reduce the time that you spend in hospital, we are asking you to put these drops into your eye to prepare for cataract surgery. You have been given 2 different eye drops, Cyclopentolate and Phenylephrine.

If you are allergic to either of these eye drops or are uncertain if you should use them then please contact the Ophthalmology team on the number above.

These drops dilate the pupil and will blur the vision for at least 4 hours. Please do not drive after you have instilled these drops until your vision has returned to normal.

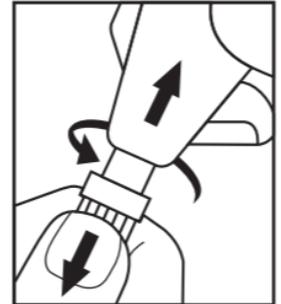
Please start the drops in **ONLY THE EYE(S) TO BE OPERATED AT LEAST 1 HOUR PRIOR TO LEAVING HOME**. Do not instil the drops whilst in a moving vehicle.

Please instil only one drop of each, at 15-minute intervals, as outlined in the table below:

Timing	Eye drop	Tick when put in eye (✓)
1 hour before leaving home	Cyclopentolate 1% (1 drop)	
	Phenylephrine 2.5% (1 drop)	
45 minutes before leaving home	Cyclopentolate 1% (1 drop)	
	Phenylephrine 2.5% (1 drop)	
30 minutes before leaving home	Cyclopentolate 1% (1 drop)	
	Phenylephrine 2.5% (1 drop)	

How do I put in these eye drops (minims)?

1. Wash your hands.
2. Check the name of the drop and expiry date on the packet. Peel open the packet and remove the cap of the minims. This requires a firm pull, twisting may also help.
3. Either lie down or tilt your head back and look upwards.
4. Gently pull the lower lid down to create a pocket between your eyelid and eyeball.
5. Squeeze a single drop into this pocket, trying to avoid touching the lashes, eye, or lid. If accidentally you instil more than one drop, do not worry, blinking a couple of times will wash the excess away. If you are uncertain whether a drop went into the eye then please instil another.
6. Place the lid back on the minims.



If you have difficulty putting in the drops by yourself, please ask a member of your household who is self-isolating, to assist you.

What if my surgery is cancelled?

These medicines can be stored at room temperature for 28 days only. If for any reason your surgery is rescheduled or cancelled beyond this then please discard the medication.

Manufacturers Patient Information Leaflets

Enclosed with your eye drops you should find the manufacturer's patient information leaflets. A web link is also provided below. Please refer to that for further information about any potential side effects and any reasons why you should not use the eye drops (contraindications).

Cyclopentolate: www.medicines.org.uk/emc/files/pil.4258.pdf



Phenylephrine: www.medicines.org.uk/emc/files/pil.189.pdf

