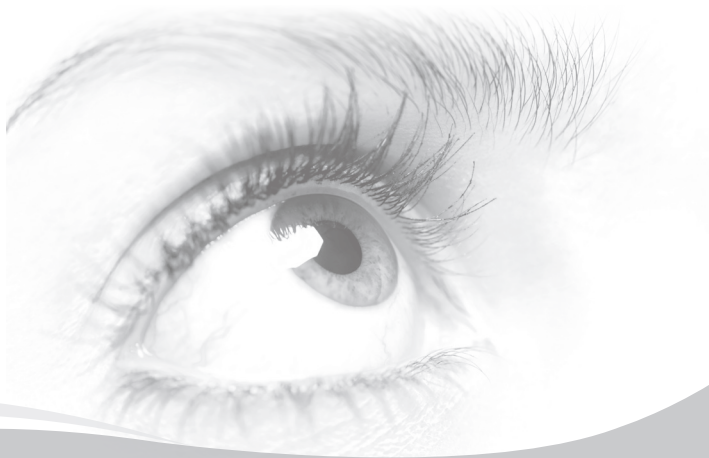


Scottish Uveitis Network



Information about ...

Uveitis



Ophthalmology Service

Scottish Uveitis National Managed Clinical Network

The information in this leaflet is intended to help you to understand what uveitis is, what the treatment is likely to be, and what follow up to expect. We also give local contact numbers for you so that you can speak to somebody should you be worried about your eyes.

Uveitis can damage your vision if left untreated, so early diagnosis and treatment is vital.

Uveitis is an inflammatory eye disease, which might be a one-off or you may have several episodes. It is important to catch any episode of uveitis in the early stages, and to start treatment as soon as possible to avoid possible long-term damage to vision.

There are different types of uveitis:

Anterior uveitis (often called 'Iritis') affects the front of the eye and is usually treated with eye drops only. If the inflammation affects further back in the eye (intermediate or posterior uveitis), then tablets are usually needed.

It is important to understand what type of uveitis you have.

If you are prescribed eye drops, it is vital that you follow the instructions on the bottle fully and that you finish the course. Please make sure that you understand which eye you are to treat, how many times you are to use the eye drops, how to store them and when to stop using them.

It is essential that you help the healthcare staff to take care of your eyes and if you do not understand something, please ask them to make it clear.

Take medication as prescribed.

Do not be tempted to stop early even if your eye looks and feels better.

Report any problems or return of symptoms immediately

Initial Appointment:

Your eyesight will be tested and then your eyes will be examined carefully. Drops will be used to dilate the pupils to assist this. This is likely to cause temporary blurring of vision. You might want to bring someone with you so that you don't have to drive home afterwards.

Uveitis can be associated with other medical conditions, and can affect you at any age, so you may be asked to give a full medical history. You may be sent for x-rays or scans and have blood tests taken. It may take extra time but helps build a picture of your overall health to help the Doctor decide the best treatment for you. Please be patient and prepared to answer lots of questions and allow extra time for your first clinic visit.

Treatment

Once your condition has been diagnosed, treatment can begin. This may be with eye drops but there are other options, depending on the type and severity of your uveitis. It is most important that you follow the advice you are given and use the drops or take tablets as directed on the bottle or box. Even if your eye seems to you to have settled down, you should finish the course, as the condition inside your eye may not have cleared up completely and stopping treatment early may lead to flare-ups.

Please make sure before you leave the Clinic that you understand what the condition is called, what your treatment is; how often to take it, and for how long. You should also know who to contact if you have further problems, and if or when to come back for review.

Review Appointments:

If you are asked to come back for review, you should always keep the appointment, even if your eyes feel fine. Phone to make another appointment if the date or time is not suitable for you.

At your review appointment your eyes will be examined again; any change of medication made and you will be advised when or if you need to come back for review, either at the Eye Clinic or to your usual Optometrist.

Further Information:

A full range of leaflets have been produced in association with the Scottish Uveitis National Managed Clinical Network (www.sun.scot.nhs.uk) – a Scottish NHS funded network of healthcare professionals and patients, parents and carers, working together to produce detailed information for healthcare professionals and patients, so that anybody in Scotland who has uveitis, is offered the same high standard of information and care, wherever they live.

Further information can be found at a website which is run by a charity called “The Uveitis Information Group” at www.uveitis.net where you will find information on the various types of uveitis and treatments which may be offered to you.

SCOTTISH UVEITIS NETWORK UVEITIS INFORMATION

About Me

You may find this useful to fill this out with the help of your doctor or nurse to keep a reminder of your treatment

Name: _____

Hospital no.: _____

About my uveitis: _____

What type of uveitis do I have?: _____

Which eye is affected?

Left	Right
------	-------

What medication am I taking?	What dose?	How often?	Which eye (if drops)?

If I need urgent advice about my uveitis:

Contact person: _____

Phone number: _____

Name of my Consultant: _____

What medication am I taking?	What dose?	How often?	Which eye (if drops)?

