

Patient information factsheet

One-stop cataract clinic

We have given you this factsheet because you have been referred to our one-stop cataract clinic for an assessment to see whether you are suitable for cataract surgery at a future date.

This factsheet explains what the one-stop cataract clinic is and how to prepare for your appointment. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What are cataracts?

Cataracts are when the lens of your eye (a small transparent structure) becomes cloudy. When we're young, our lenses are usually like clear glass, allowing us to see through them. As we get older, they naturally start to become frosted and begin to limit our vision.

Surgery is the only way to treat cataracts and involves replacing the cloudy lens inside the eye with a clear, artificial one. However, this surgery is not suitable for everyone with cataracts.

What is the one-stop cataract clinic?

The cataract clinic is a 'one-stop' pre-assessment appointment to check whether you are suitable for cataract surgery.

During the appointment, you will meet several healthcare professionals, including an ophthalmologist (eye doctor), and members of our imaging team and nursing team, who will perform some eye investigations.

This appointment can take up to a couple of hours.

How should I prepare for my appointment?

Contact lenses

If you wear contact lenses, please remove them two weeks before your appointment, as they can affect the accuracy of the investigations. You will be able to wear your contact lenses again after the appointment.

Glasses

If you wear glasses, please bring them with you to your appointment so we can check the prescription. If you have lost or broken your glasses, please bring a copy of the last prescription from your optician, if possible.

Previous laser refractive surgery

If you have previously had laser refractive surgery, please bring a copy of your refraction that predates your surgery to your appointment (ideally a copy of the notes from your refractive clinic). Previous laser refractive surgery includes:

- LASIK
- LASEK
- PRK
- SMILE
- radial keratotomies (RKs)

If you no longer have the refraction, please find out before your appointment if you were previously long or short-sighted.

Records of previous eye conditions or surgery

If you have previously had an eye condition or any surgery to your eyes, please bring any clinic notes or letters that you have to your appointment.

Medications

If you currently take any regular medications, please bring a copy of your repeat prescription list with you to your appointment.

Hearing aids

If you usually wear hearing aids, please bring or wear them to your appointment.

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Driving

Do not drive to your clinic appointment. You will be given eye drops during this appointment to dilate (enlarge) your pupils and this will blur your vision for around four hours. You will not legally be able to drive within this period. Please arrange for someone to bring you to and take you home from your appointment.

What happens next?

If you are suitable for cataract surgery, we will add you to our waiting list. We may be able to book you directly onto our waiting list during your clinic appointment. If we are not able to do this, we will send you an appointment letter in the post.

Contact us

If you have any questions or concerns, please contact us.

Eye admissions office

Telephone: **023 8120 8734**

Eye short stay unit

Telephone: **023 8120 6595** or **023 8120 8600**

Useful links

www.nhs.uk/conditions/cataract-surgery

www.nhs.uk/conditions/cataracts

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