

GLAUCOMA INFORMATION SHEET

Now that you have been diagnosed with glaucoma, we would like to give you a better understanding of what can be expected. We will do everything possible to help maintain your vision; however, managing your glaucoma is a partnership. Although glaucoma is basically a life-long disease that can cause blindness, it is unlikely that this will happen if the diagnosis is made in a timely fashion, and if you commit to following the instructions of your doctor.

Most glaucoma patients are seen two to four times a year. During these visual examinations, the inner structure of the eye including the retina, optic nerve head, and optic disc is checked. Measuring the pressure inside your eye, called the **intraocular pressure or IOP**, is also necessary. Maintaining pressure at the normal level is a primary goal of treatment.

Other assessments will be necessary at least once a year to give you the best opportunity to avoid further loss of sight. For example, a **dilated examination** is performed to evaluate the optic nerve. Periodically, it is also necessary to check the angle of the eye in a test called **Gonioscopy**. This is done to monitor the fluid drainage, which is important in maintaining proper pressure. Each year, a **Retinal Tomography** test will be performed, which is a diagnostic test used to monitor the optic nerve head, as well as identify potential retinal disease. This is a very precise test that allows the doctor to identify early changes or damage to the optic nerve and the retinal nerve fiber. Pictures of the back of the eye called **Fundus Photos** are taken in regular intervals every 1 – 3 years. These are photographs of the entire inner surface of your eyeball (fundus). These photos are vital in documenting any changes and determining if these changes are due to glaucoma or other related problems. The **Visual Field** test is performed at least once a year. This extremely important test tracks the eye's ability to correctly respond to light on all parts of the retina; areas that are damaged by glaucoma will show no response. Visual fields are necessary to determine if there is any damage to the optic nerve that may not be detected by simply looking at it. Although this test takes about an hour to perform and is considered by some patients to be boring, it is essential to controlling your glaucoma.

We are dedicated to providing our patients the best care possible but you must do your part as well. It is imperative that you follow our instructions concerning medications and dosages, and that you commit to keeping your follow-up appointments. During your visit you may want to bring your medication(s) with you to ensure you are taking the correct medicine at the correct times. We also encourage you to write down any questions that you have so they can be answered and discussed.

Thank you for the confidence you have shown our practice in allowing us to care for your sight. Together we will do everything possible to prevent any worsening of this condition.

Medication: _____ Dosing: _____ Cap Color: _____

Special Instructions: _____

Signature

Date

Practice Name

Doctor's Name

Phone Number