York and Scarborough Teaching Hospitals
NHS Foundation Trust

Intravitreal Eye Treatment

Information for patients, relatives and carers

Department of Ophthalmology

ⓘ For more information, please contact:

The Eye Clinic

Telephone: 01904 726758

York Hospital

Wigginton Road, York, YO31 8HE

Or

The Eye Clinic

Telephone: 01723 342818

Scarborough Hospital

Woodlands Drive, Scarborough, YO12 6QL

Depending where you are being treated

Contents **Page**

Intravitreal treatments....4
What do I need to bring with me to my assessment?....4
What will happen when I arrive in the Eye Clinic? 5
What If I am or may be pregnant? 6
What happens if I need treatment?....6
Will I feel the injection?....7
What happens after my injection? 7
Will I need any more appointments?....8
What are the risks involved in having intravitreal treatments? 9
Tell us what you think of this leaflet 10
Teaching, training and research....10
Patient Advice and Liaison Service (PALS)....10
Leaflets in alternative languages or formats 12

Intravitreal treatments

These are drugs which are injected inside the eye; they come in liquid (injections) and solid forms (implants). They can usually help preserve vision and sometimes improve vision in certain cases. In 5 - 10 out of 100 cases the vision may worsen despite these treatments.

What do I need to bring with me to my assessment?

Please bring with you:

- Enough money to pay for any prescriptions you are given or your prescription exemption certificate if you have one.
- The names of any medicines that you are taking.
- Any glasses that you currently use.

What will happen when I arrive in the Eye Clinic?

Firstly, your eye and general health will be assessed for your suitability for intravitreal therapy. This assessment will typically involve you staying in the department for two to three hours on the first visit and between one and two hours on subsequent visits.

Unfortunately, there is limited seating for relatives or carers to wait in our department but there are facilities in the main hospital to sit and wait. We are happy to contact them when you have been seen by the medical team. If you need your relatives to be present with you at all times, then we may ask them to stand beside you rather than sit so that our patients always have access to seating.

Whilst you are in the Eye Clinic you will have drops put into your eyes to dilate your pupils. The drops may impair your vision for between four and eight hours. **You are advised not to drive yourself to and from the hospital for your appointments in the Eye Clinic.**

What If I am or may be pregnant?

We ask that you advise your doctor if you are or could be pregnant so we can discuss this as part of your plan of care. There may be a risk to the unborn child with some of the medications used and it is important we are aware of any possibility of pregnancy.

What happens if I need treatment?

Your intravitreal injection or implant takes place in one of our special injection rooms.

A doctor or nurse will get you ready for your injection by:

- Numbing your eye using local anaesthetic drops.
- Cleaning the eyelids and surface of the eye with antiseptic solution to decrease the risk of infection.
- Covering the area around your face with a special drape. This keeps the area clean.
- Fixing a small clip to help keep your eye open.
- Delivering the injection or implant into the white part of your eye using a needle. We usually ask you to look away so that you do not see the needle.

Will I feel the injection?

Most patients have said that they feel some pressure on their eye when the injection is given but do not typically describe this as a pain. Occasionally patients will experience pain as the needle enters the eye even though anaesthetic eye drops have been applied. This is rare and is not the fault of the injector but rather a need for more anaesthetic. Let us know if you have pain at the time of the injection so that we can adjust your anaesthetic.

What happens after my injection?

The doctor will carry out some routine eye tests to make sure that your treatment went well. After your first treatment you may have a pressure check.

Immediately following your injection, you may see bubbles or spots in your vision. These should go away after 24-48 hours.

Patients often experience sore, red, gritty and watering eyes after injections. Mild symptoms are very common and are of no concern and usually resolve or decrease within 24 hours of the injection. A mild to moderate gritty eye is usually a response to the antiseptic we use to decrease the risk of infection. If this becomes troublesome then please let us know at your next appointment so that we can talk about options to decrease this discomfort after the injections.

However, please contact us using the number on your contact card if you have severe pain or blurring of vision which is not improving or is worsening after the first 24 hours. This may be the sign of an infection and requires urgent assessment.

If you suffer a bleed on the surface of the eye (subconjunctival haemorrhage), this may take a few weeks to clear but is nothing to worry about.

Will I need any more appointments?

Yes. We will assess you in the Eye Clinic at intervals defined by the clinician and decide if you need further treatments.

What are the risks involved in having intravitreal treatments?

Infection is the rarest (approximately 1 in 5000 injections) but also the most severe risk of having intravitreal treatments. Symptoms to watch out for are described in the paragraph on the previous page.

Other side effects include:

- Increased sensitivity to light.
- Dry / gritty / watering / foreign body sensation of your eye.
- Subconjunctival haemorrhage (an area of red blood on the white of the eye).
- Some treatments may increase the risk of thrombo-embolic events such as a stroke or heart attack although this is very hard to prove that these are caused by the intravitreal treatment.
- Cataract which may require surgery.
- Some treatments may increase the intraocular pressure which may require treatment.
- Risk of retinal hole and detachment requiring laser or surgery.

If you have had a stroke in the past, please inform the doctor in the Eye Clinic on arrival.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

Owner	Miss N Topping, Consultant Ophthalmologist
Date first issued	February 2022
Review Date	October 2028
Version	1 (reissued October 2025)
Approved by	Miss N Topping, Consultant Ophthalmologist Ophthalmology Patient Leaflet Group
Document Reference	PIL 988 v1.5

© 2025 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.