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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Instructions for the use of Proxymetacaine & Cyclopentolate for the Refraction of Children

The Orthoptic Department

Your child needs a glasses test and a detailed examination of the back of the eye...

To enable the Optometrist/ Ophthalmologist to do this, it is necessary to put drops in your child's eyes. The drops dilate the pupils and prevent focussing. The drops need to be put in 30-45 minutes before your child's appointment.

Proxymetacaine

This is an anaesthetic drop that makes the surface of the eye numb so your child does not experience the stinging sensation of the dilating drops.

Cyclopentolate

This is the drop that will dilate (enlarge) the pupils and stop your child from focussing. This gives the Optometrist/Ophthalmologist a clear view of the back of the eye (retina) and enables a more accurate glasses test.

By holding up lenses and moving a line of light across the retina the Optometrist/Ophthalmologist can measure the strength of glasses needed.

Are there side effects?

- Vision can be blurred for up to 6 hours and the pupils can remain large for up to 48 hours.
- Whilst the pupil is dilated, your child will not like bright light.
- Rarely an allergic reaction can occur. This can result in particularly red eyes, dry or flushed skin. **If this happens stop using the drops and contact the Eye Clinic (01633 238856) or your GP.**

Instructions for putting drops in children's eyes:

- **Store the drops in a refrigerator. DO NOT FREEZE.**
- Put the drops in 30-45 minutes before the appointment time.
- Wash your hands before and after putting in the drops.
- With your child lying down put 1-2 drops of Proxymetacaine (in the clear packet) into both eyes.
- After about 30 seconds put 1-2 drops of Cyclopentolate (in the white packet) into both eyes.
- If you have any doubts about putting the drops in, come to the Eye Clinic and ask a Nurse or Orthoptist for assistance.

- Use only on the person for whom they are prescribed.
- Once open do not re-use.
- Dispose of remaining drops and packaging after use.

Notes or further instructions:

**This document is available in Welsh/
Mae'r ddogfen hon ar gael yn Gymraeg**