

Ozurdex (Dexamethasone)

Ophthalmology

Introduction

This information sheet is for patients who have been informed that they require Ozurdex (Dexamethasone) treatment for their eye condition.

Why do I need Ozurdez (Dexamethasone)?

Your Doctor has found that you have leaking blood vessels causing swelling at the back of your eye (the macula). This occurs as a result of different conditions including:

- Diabetes
- A blockage of the veins at the back of the eye
- Oedema following cataract surgery
- Inflammation
- Uveitis (Inflammation of the middle layer of the eye - the uveal tract).

If left untreated, this swelling may result in permanent vision loss in that eye.

What is Ozurdex (Dexamethasone)?

Ozurdex (Dexamethasone) has been approved by the National Institute for Health and Care Excellence (NICE) to treat patients with macular oedema (swelling of the back part of the eye) due to uveitis, branch or central retinal vein occlusion, diabetic macular oedema, cataract surgery or inflammation.

Ozurdex is made up of an anti-inflammatory steroid medication called Dexamethasone, contained within a long acting implant in a specially designed applicator.

The implant is injected directly into the jelly part at the back of the eye. The medication is released slowly inside the eye for up to six months. It is used to either improve, or prevent worsening of your eye sight.

How long will I need treatment?

Depending on how the eye responds, these injections may be given on multiple occasions over the coming months in the affected eye(s).

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Consent

If you decide to undergo treatment, both you and your Eye Doctor will need to sign and date the informed consent form. The Doctor will explain the risks and benefits of the treatment and any alternative treatments available. You will receive a copy of this consent form to take home with you for your reference.

What are the benefits of this procedure?

Your vision is more likely to improve with Ozurdex (Dexamethasone) treatment, rather than doing nothing. There is approximately a 50% chance of your vision improving with this treatment - 1 in 4 patients may gain 3 or more lines of extra vision when measured on a vision chart.

Are there any potential risks?

- Conjunctival haemorrhage (a small bleed into the white of the eye) is very common, in more than 1 in 2 patients. This is not serious, does not affect the vision, and goes in 1-2 weeks
- 1 in 6 patients may experience raised pressure in the eye. This is usually controlled with eye drops
- Less than 1 in 100 patients need surgery to reduce the eye pressure. You will be seen almost monthly to check the eye pressure and the response to treatment
- 1 in 100 patients may develop a cataract or worsening of an existing cataract within 12 months of the injection
- 1 in 1000 patients may experience a retinal tear resulting in vision loss
- 1 in 2000 patients may develop a retinal detachment resulting in vision loss
- 1 in 2000 patients may develop a severe and sight-threatening eye infection requiring hospital admission (endophthalmitis).

Some of these complications (retinal tear / retinal detachment / endophthalmitis) can lead to blindness. Additional medications or procedures (including surgery) may be needed to treat these complications.

What happens on the day of my treatment?

- Take your medication and eye drops as normal
- You can eat and drink as normal
- Wear comfortable clothes
- Do not wear any make-up.

Attend at the appointment time on your letter to the main reception desk in Out-Patients, where you will be directed to your designated waiting area.

A Health Care Professional will greet you and perform your visual acuity test (an eye test which involves reading letters on an eye chart from a two metre distance) and dilate the eye(s) (using eye drops - which will make your pupil bigger and your vision blurred) that is going to be treated. There will be numerous identity checks, this is to ensure safety. These checks are repetitive but necessary.

How is Ozurdex (Dexamethasone) given?

Ozurdex is a small biodegradable implant which is administered via a special applicator with a needle. It is delivered as an ophthalmic intravitreal injection (an injection of medication into the vitreous - the jelly like substance at back of the eye). The Ozurdex (Dexamethasone) implant is injected into the jelly (vitreous) part of the eye.

How does Ozurdex (Dexamethasone) work?

The implant slowly dissolves releasing Dexamethasone which blocks chemical pathways that lead to inflammation, leakage from the retinal blood vessels, and oedema. By reducing the swelling in the macula, it may help reverse some of the vision loss that may have occurred.

This implant has been proven effective in large clinical trials.

Will I feel any pain?

The Doctor or trained Health Care Professional will numb your eye with drops. He/she will clean your eye thoroughly. You may feel pressure on your eye when receiving the injection, but no significant pain.

What do I need to do after the procedure?

After your injection, continue to take your prescribed eye drops as normal unless advised otherwise.

What will happen after the procedure?

- Once the procedure is complete you can go home
- You are advised not to drive home
- You can return to work once your eye is comfortable
- Take your normal painkillers if required.

What are the immediate side effects I can expect after Ozurdex (Dexamethasone) implant?

- Eye discomfort or mild pain, improving after the first 24 hours
- Redness of the eye
- You may be able to see the implant as a floating rod
- Flashes of light
- Headache.

You should not drive or operate any machinery until these symptoms have resolved, which is usually within a few days.

When will I be seen again?

You will have a follow-up appointment which your Consultant will co-ordinate.

Please contact the eye emergency department at the hospital if you have any of the following symptoms:

- A lot of pain
- Loss of vision
- You become very sensitive to light
- A very painful red eye.

Can I still have this treatment if I am planning to get pregnant or I am currently pregnant or breast feeding?

Ozurdex is not recommended in pregnancy or during breast feeding because it is not known whether it can affect the baby. If you are pregnant or planning to become pregnant, you must discuss this with your doctor before treatment is started.

If you do become pregnant during the course of your treatment, please inform your Doctor immediately.

Are there any alternatives to the Ozurdex (Dexamethasone) implant?

Your doctor will be happy to discuss alternative treatments, although these may not be as effective in controlling your condition, or may have more serious side-effects than the Ozurdex (Dexamethasone) implant.

Alternatives include laser treatment (which may have already been given) and other types of injection called anti-VEGF therapy Eylea (aflibercept) and Lucentis (ranibizumab).

Where can I get more information?

We are here to help. Please do not hesitate to ask a member of staff, or contact us if you need any further information or advice.

Useful Telephone Numbers

Clinic coordinator

For appointment queries:

01902 695845

Between: 10.00am-12:00pm

and 2.00pm-4.00pm, Monday-Friday

(Our co-ordinator is not always available to take your calls, so please leave a message and someone will get back to you).

Eye Referral Unit

For advice following an injection:

Monday to Sunday 08:00am-5:00pm

01902 695805

These useful numbers are available on a handy card. Please ask a nurse if you require one.

Out of hours:

Contact the Main Emergency Department on (01902) 307999 OR NHS 111 Tel. 111.

Other useful contact numbers

The support groups below may be of help:

Royal National Institute of Blind People

105 Judd Street

London

WC1H 9NE

Tel: 020 7388 1266

E-mail: helpline@rnib.org.uk

References:

National Institute For Health & Clinical Excellence (NICE)

Midcity Place

71, High Holborn

London

WC17 6NA

Telephone 0845 003 7780

Email: nice@nice.org.uk

Website: <http://www.nice.org.uk/>

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。