Steroid Injection for the Eye
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Please bring this booklet to the hospital with you.

Why is it used?
A steroid can be injected into or around the eye to treat conditions that cause inflammation or swelling in your eye. Your eye doctor will explain why you need this treatment.

![Diagram of the eye with labeled parts: Lens, Pupil, Iris, Optic nerve, Retina, Vitreous]
Day of treatment

- The treatment is done in the Eye Care Centre, 2nd floor, Centennial Building at the Victoria General site. Please come to the area you were told by your doctor’s office.

- Eat your meals and take your usual medications before coming to the Centre.

- Bring a list of your medications and eye drops with you when you come to the Centre.

- Remember that your eye may be dilated for the treatment.

- You will need someone to drive you home after the treatment.
How is the treatment given?

• A nurse or technician will check your vision and eye pressure.
• Freezing drops may be put in your eye.
• The doctor may use a special instrument to hold your lids open during the treatment.
• Using a tiny needle, the steroid will be injected into or around the eye.
• The treatment may cause mild discomfort and may cause temporary blurry or double vision.

After treatment

• You may notice a small amount of swelling or redness on the “white” of your eye, or around your eye, where the steroid was injected. This will go away as the medication is slowly absorbed.
• You will be told to return for a follow-up visit with your eye doctor in 1-2 weeks for an eye pressure check. It is important to not miss the appointment.
• Your eye doctor may give you drops to place in your eye after the treatment. He/she will tell you how often and for how long to take these drops.

Using eye drops
• Wash your hands well.
• Shake the bottle well.
• Tilt your head back. You may sit or lie down.
• Open both eyes and look up. With one finger, draw the lower lid down.
• With the bottle in the other hand, hold it as near as possible to the eyelid without touching it. Place one drop in the pocket made when the lower lid is pulled down. The solution should not fall onto the sensitive cornea, as this will cause stinging.
• Do not touch the eyelid or eye with the tip of the bottle.
• Close the eye gently and keep closed for one full minute. With a tissue, gently remove excess drops from the cheek.
• Place only one drop at a time into each eye. If you need more than one drop, wait 5-10 minutes.
• Do not stop using your drops.
• Wash your hands well after using the drops.

Call your eye doctor right away if:
• You have severe pain or nausea (feel sick to your stomach)
• You have severe swelling or unusual discharge around or near your eye
• You have sudden decrease or loss of vision
• Your eye becomes red

If you can’t reach your eye doctor, call Locating at the Victoria General site at 902-473-2222 and ask for the ophthalmology resident on call to be paged, or go to the nearest Emergency Department.

If you have any questions, please ask.

We are here to help you.
THE QEII HEALTH SCIENCES CENTRE
IS MADE UP OF 10 BUILDINGS LOCATED ON TWO SITES:

HALIFAX INFIRMARY SITE
1a. Halifax Infirmary
1b. Charles V. Keating Emergency and Trauma Centre
2. Abbie J. Lane Memorial
3. Camp Hill Veterans Memorial

Patient/Family Parking
Emergency Entrance
General Entrances

HALIFAX INFIRMARY (HI) SITE
VICTORIA GENERAL (VG) SITE
4. Nova Scotia Rehabilitation Centre
5. Bethune
6. Mackenzie
7. Centre for Clinical Research
8. Dickson
9. Victoria
10. Centennial

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Map
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Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!

Nova Scotia Health Authority
www.nshealth.ca

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If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.