

Steroid Injection for the Eye

Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Buildings, Victoria General site.

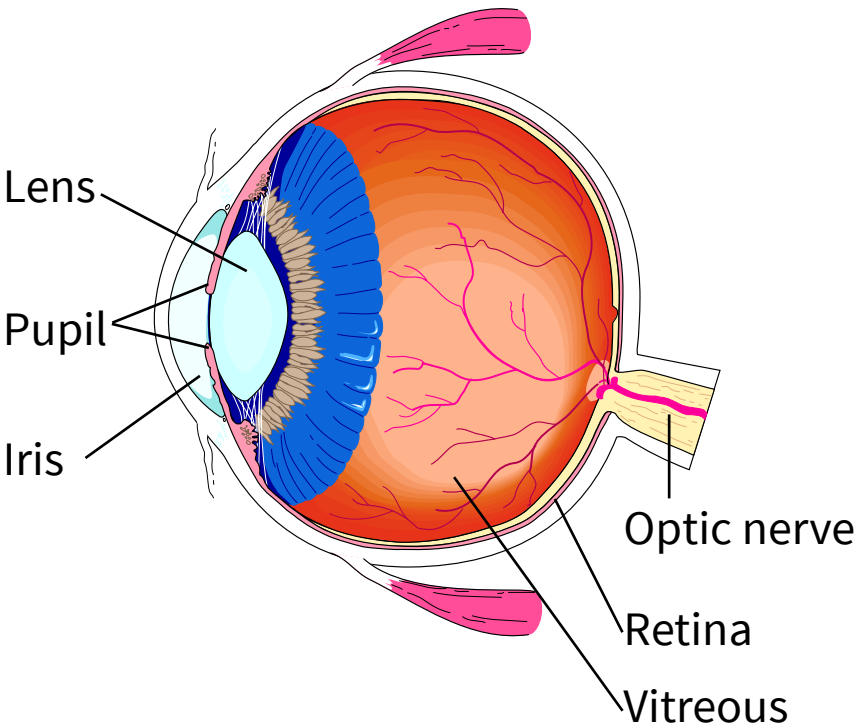
Next, go to the Eye Care Centre in the Centennial Building, 2A.

Steroid Injection for the Eye

Please bring this booklet to the hospital with you.

Why do I need a steroid injection?

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.



Day of treatment

- Your treatment will be done in the **Eye Care Centre, 2nd floor, Centennial Building at the Victoria General site.**
- Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Buildings, Victoria General site. Next, go to the Eye Care Centre.
- Eat your meals and take your usual medications before coming to the Centre.
- Bring a list of your medications (including eye drops).
- Remember that your pupil may be dilated (made bigger) for the treatment. This will cause your vision to be blurry.
- **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 will be put in your eye.
- The eye doctor may use a special instrument to hold your eyelids open during the treatment.
- Using a needle, the steroid will be injected into or around your eye.
- The treatment may cause mild discomfort and may cause blurry or double vision for a short time.

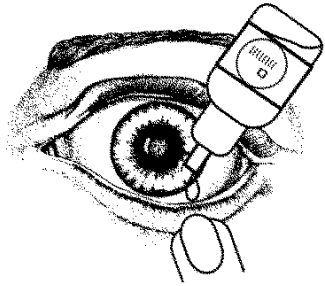
After treatment

- You may notice a small amount of swelling or redness on the white part of your eye, or around your eye, where the steroid was injected. This will go away as the medication is slowly absorbed (taken in).
- You will be given a followup visit with your eye doctor in 1 to 2 weeks for an eye pressure check. It is important that you come to this appointment.

- Your eye doctor may give you drops to put in your eye after the treatment. They 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 your lower lid down.
- With the bottle in your other hand, hold it as near as possible to your eyelid without touching it. Place one drop in the pocket made when your lower lid is pulled down. The drop should fall onto the white part of your eye to avoid stinging.
- **Do not touch your eyelid or eye with the tip of the bottle.**
- Close your eye gently and keep it closed for one full minute. With a tissue, gently remove any extra drops from your cheek.



- Place only one drop at a time into each eye. If you need more than one drop, wait 5 to 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 (very bad) 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 cannot 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.

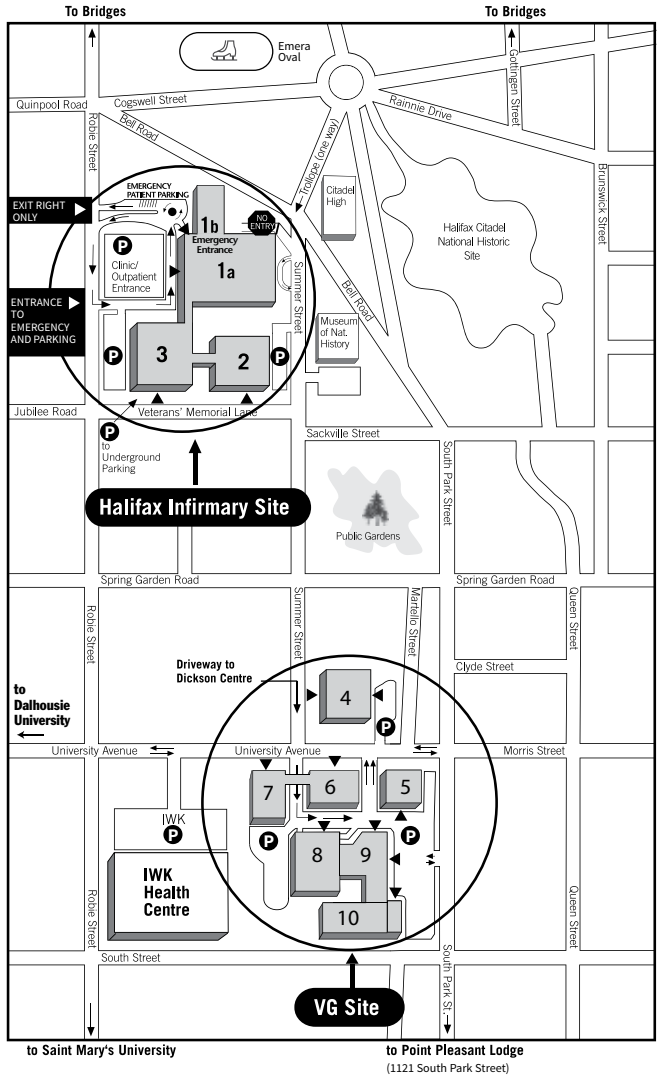
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmiry Site | |
|------------------------|---------------------------------------|
| 1a. | Halifax Infirmiry |
| 1b. | Emergency Dept. |
| 2. | Abbie J. Lane Memorial Building |
| 3. | Camp Hill Veterans' Memorial Building |
| VG Site | |
| 4. | Nova Scotia Rehabilitation Centre |
| 5. | Bethune Building |
| 6. | Mackenzie Building Laboratories |
| 7. | Centre for Clinical Research |
| 8. | Dickson Building |
| 9. | Victoria Building |
| 10. | Centennial Building |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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

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

