

# Treat and Extend for Retinal Vein Occlusion (RVO)

Ophthalmology

## Introduction

This information sheet is for patients who are receiving regular intravitreal injections for Retinal Vein Occlusion. The timing of each injection is in accordance with the Treat and Extend method of administering injections.

## What is Treat and Extend?

This means that at each visit you will be treated with an injection, but the time period until your next injection can be longer, or extended, if you are responding to the treatment.

The appointment will combine a vision test, a scan of your eye and an injection all on the same day. Treat and Extend will also help to reduce your visits to the hospital.

## How does it work?

At each visit you will undergo a vision test and a scan of your eye.

Your injection will automatically follow your scan and you may go home following this. You will NOT see a clinician on the day.

The clinician will later review your scan and will make a decision as to when your next treatment is required.

If your eye condition is stable, the length of time between injections will be increased, but if your eye has not improved or has worsened, the time interval until your next injection will be reduced.

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.

The shortest time interval between injections is usually 4 or 5 weeks. The longest time interval can be as long as 4 months. You will be notified of each subsequent appointment by post.

## What if my eye condition changes?

If at any point your eye becomes unstable, or not responding to the treatment, a clinic appointment will be made for you to see the consultant, or Eye referral Unit A34. If out of hours The Main Emergency Department C50.

If at any time between treatments you feel that your vision has got worse, please contact the RVO co-ordinator.

## When will the injections stop?

If you reach a point that you are only requiring injections every 4 months, it means the retina is very stable and you may not require any more injections. In this case, you will receive a subsequent appointment to come to outpatients clinic for a check-up without further injections.

## What if I need to change my appointment?

Your appointments are specifically planned within your treatment plan. It is very important that you try to keep to your planned appointment, as changing it may interfere with your treatment plan. This could result in you requiring additional and more frequent injections to stabilise the eye.

## 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.

### **For appointment queries:**

**01902 695845**

Monday - Friday, 10.00am - 12:00pm and  
2.00pm - 4.00pm,

Our RVO 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:**

**01902 695805**

Monday - Friday, 8:00am - 5:00pm  
Weekends, 8:00am-3:00pm

### **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.

**Outside of these hours, please attend the main Emergency Department (ED) or contact NHS Direct on telephone number 111.**

## 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 ਅਸਾਨ 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。