

## Patient Information Factsheet

### Optical Coherence Tomography (OCT)

#### What is OCT?

The OCT machine is a type of scanner. The result of this scan is data that helps your doctors to diagnose and manage your condition.

#### What does this procedure involve?

The OCT uses light waves to make a map of the retina at the back of your eye to show up any damaged areas. It uses an optical measurement known as low-coherence interferometry to scan across the retina and generate a cross-sectional image of your eye.

#### Where is the test carried out?

The test is either carried out in the eye clinic at Lister Treatment Centre or the New QEII eye clinic. On arrival, you should report to the reception desk.

#### What happens next?

When you arrive, you will have eye drops put in your eye/s to make your pupils larger. This can take up 30 minutes to work.

The drops will cause your vision to become blurred. This lasts for 6 to 8 hours. It is important that you **do not** drive to your appointment or operate machinery during this time. The drops can also make your eyes sensitive to bright light; you may wish to bring a pair of sunglasses with you to protect your eyes.

#### What happens during OCT?

Once your pupils have dilated, an imaging specialist will take you into the OCT room. You will be seated in front of the OCT machine and be required to place your head onto a support. You will need to keep very still whilst the back of your eye is scanned. This is totally painless and takes around 10-15 minutes.

## **What happens to your results?**

Your doctor will study the results of your scan carefully before making a decision regarding any possible treatment options. The results may be discussed with you on the day, or you may be given a follow-up appointment.

**All of the above will be explained to you in more detail on the day of your appointment. You will also have an opportunity to ask any questions while you are here.**

If you have any questions regarding the OCT scan or anything contained within this information leaflet, please contact a member of staff on telephone number shown below.

### **Contact details:**

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