

All about eye drops



Glaucoma UK helpline

If you have questions about anything to do with glaucoma, contact our helpline on:



01233 648 170

Monday to Friday 9.30am to 5.00pm

Calls are charged at your standard network cost.



Other ways to find out more

Email: **helpline@glaucoma.uk**

Visit our website: **glaucoma.uk**

Help us keep our services free

Glaucoma UK is the UK's only charity solely focused on ending preventable vision loss from glaucoma. Everyone who needs help and information about glaucoma should be able to get it for free. That's why there's no charge for our booklets and services. We rely on donations, and every contribution truly matters.

If you'd like to contribute to the cost of this booklet or help fund our services, please go to **www.glaucoma.uk/donate** or call **01233 648 164**. We really could not continue without our amazing supporters. Thank you.

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Key points



Eye drops are a common treatment for glaucoma and ocular hypertension. They lower your eye pressure, which helps slow or stop future vision loss.



Some people find eye drops easy to use, others find them hard. Try different ways of doing your drops until you find one that works for you. If you're struggling ask for help from an eyecare professional or call our helpline.



Some people get side effects, others do not. Talk to your eyecare professional about any side effects you get. There are usually things that can help.



There are many eye drops for glaucoma. You may need to use one or more kinds of eye drop.



Sometimes you may get your usual eye drop in a bottle that looks different. If you're unsure if it's the right eye drop, ask your pharmacist.



Use any eye drops as prescribed, and always go to your eye clinic appointments.

What is glaucoma?

Glaucoma is a group of common eye diseases where your optic nerve has become damaged.

Your optic nerve connects your eye to your brain, so damage to this nerve affects your vision. How glaucoma affects vision is different for each person, but most people keep good vision.

Glaucoma is often linked to a build-up of fluid which raises pressure inside the front of your eye. This pressure is known as eye pressure or intraocular pressure (IOP).

The front of your eye contains a watery fluid called aqueous humour, aqueous fluid or just aqueous. Aqueous helps your eye keep its shape and takes oxygen and nutrients to the front of your eye. Aqueous is made inside your eye and drains out through tiny drainage channels called the trabecular meshwork.

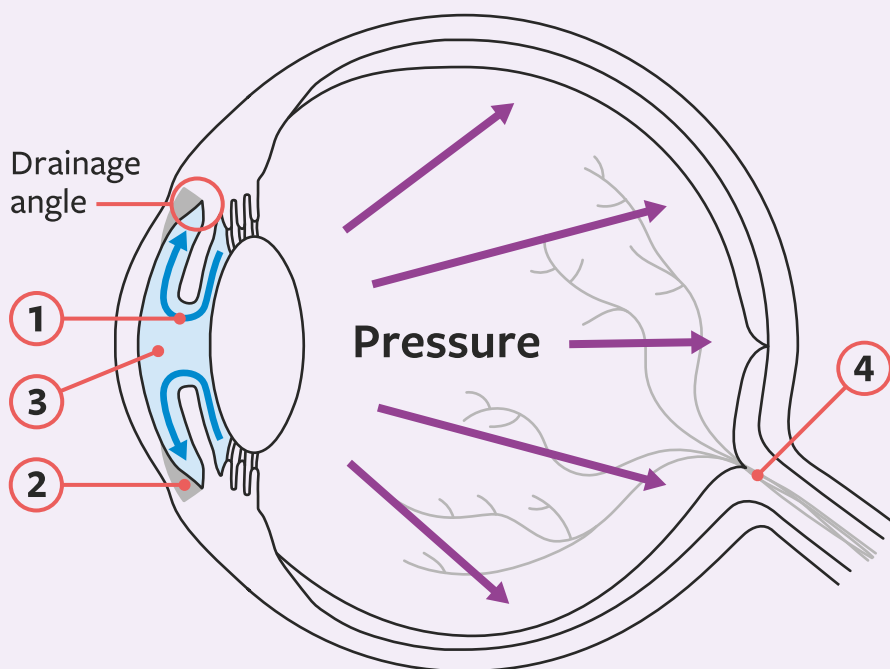
If aqueous cannot drain out of your eye properly, it builds up inside your eye and raises eye pressure. High eye pressure can damage your optic nerve. Damage to your optic nerve is glaucoma.

You may have high eye pressure without damage to your optic nerve. This is called ocular hypertension. Ocular hypertension does not affect your vision. But if you have ocular hypertension, you're at higher risk of developing glaucoma.

You may have damage to your optic nerve even if your eye pressure is in the 'normal' range. This is called normal tension glaucoma or low pressure glaucoma.

What is glaucoma?

▼ How eye pressure builds up in open angle glaucoma



1. Aqueous flows through the pupil
2. Poor drainage of aqueous through the trabecular meshwork
3. Too much aqueous stays in the eye, increasing pressure
4. Increased pressure damages the optic nerve

Why eye drops?

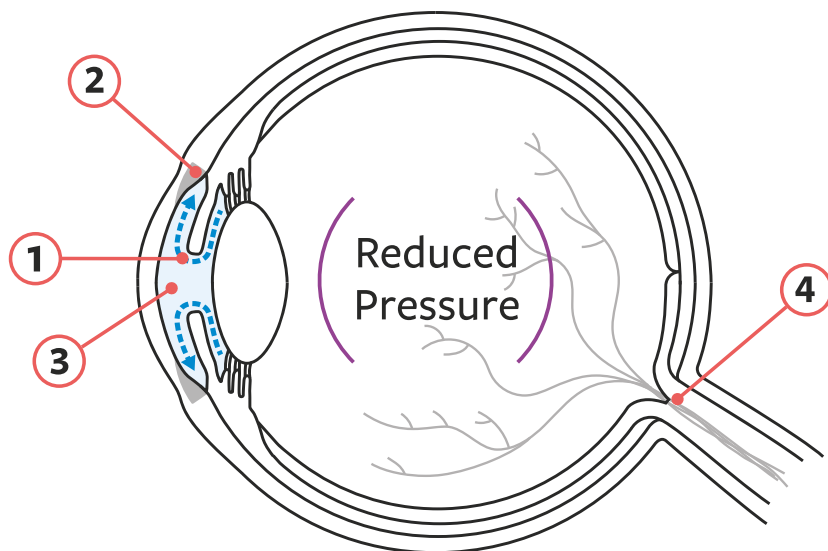
Eye drops for ocular hypertension and glaucoma lower eye pressure, which helps prevent damage to your optic nerve.

Even if you have normal tension glaucoma, lowering your eye pressure helps.

What do eye drops do?

Eye drops may reduce how much aqueous your eye makes, help aqueous drain away or both.

Eye drops for glaucoma or ocular hypertension are usually a long-term treatment. If your eyecare professional prescribes eye drops for you, you usually need to use them every day for life.



1. Reduced aqueous produced in the eye
2. Increased drainage of aqueous out of the eye
3. Reduced aqueous in the eye reduces the pressure
4. Reduced pressure helps protect the optic nerve



Keep using your eye drops unless your eyecare professional tells you to stop.

Stopping your eye drops against your eyecare professionals advice increases the risk of damage to your optic nerve and of vision loss. You might not notice vision loss until you have an eye test.



Eye drops help slow or stop future vision loss, but they will not improve your vision. This can be very difficult to come to terms with. Our helpline is there for you to talk through how you're feeling as well as the practical side of things.

01233 648 170

Monday to Friday 9.30am to 5.00pm

Helpline@glaucoma.uk

Which eye drops?

There are lots of kinds of eye drops for glaucoma and ocular hypertension.

Which eye drops are right for you depends on:

- The kind of glaucoma you have
- How much the drop lowers your eye pressure
- Other medicines you take
- Other health conditions you have
- Any side effects you get

It's common for your eyecare professional to change your eye drop prescription to find what works best for you. Plus, which eye drops work best for you may change over time.

You may need to take one or more kind of eye drops.

How well do eye drops work?

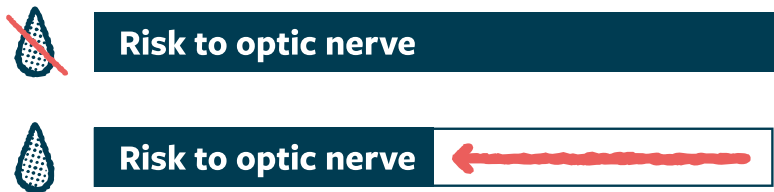
The only way to know how well an eye drop will work for you is to try it.

As an example, one of the most common eye drops is latanoprost.

On average, latanoprost lowers eye pressure by a third.



This halves the risk of future damage to your optic nerve.



What if my eye pressure stays high?

There are lots of treatment options to lower eye pressure and slow down possible future vision loss. Eye drops and laser treatment are most common, and surgery is sometimes an option. For most people, there is at least one treatment that will lower eye pressure. If one treatment fails to lower your eye pressure, your eyecare professional may try another. It may take time to find the right one for you. As your glaucoma changes, the best treatment for you may also change. Everyone is different.

You can choose to have no treatment. If you're thinking of doing this, talk to your eyecare professional about the possible risks. Having no treatment increases the risk of vision loss from glaucoma.

Using eye drops

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Some people find it easy to use eye drops, and other people find it hard. If you struggle, ask our helpline or an eyecare professional for help.



Eye drop bottles

Eye drop bottles are made of plastic, and come in various shapes and sizes. You squeeze the drop out of the bottle into your eye. With most eye drop bottles, you do this by squeezing the sides of the bottle. With some, you press the bottom of the bottle.



Traditional eye drop bottles

Most eye drops come in a traditional eye drop bottle. The bottle has a cap that you take off and put back on each time you use your drops.

Eye drops in this kind of bottle contain a preservative. Some people find that the preservative irritates their eyes or causes an allergic reaction. If it affects you, your eyecare professional might give you preservative-free eye drops.

Multi-dose, preservative-free



Multi-dose, with filter

If you need preservative-free eye drops, the bottle will have a filter to keep the eye drops sterile. These bottles are known as multi-dose, preservative-free bottles. From the outside, they look like traditional eye drop bottles with a wider neck. Eye drops take longer to come out of these bottles because of the filter.

After each use and before putting the lid back on, shake the bottle once in a downwards direction. This gets rid of eye drops on the tip, and helps make sure drops come out right next time. Do not touch the tip when you do this.

Some multi-dose, preservative-free bottles have silver in them. If you are sensitive to silver, talk to your eyecare professional or pharmacist before you use one of these bottles.



Multi-dose, with pump

Some eye drops come in a pump bottle. Most of these eye drops are for dry eye disease. They include for example Hylo Tears and Hylo Forte. Hold the eye drop bottle upside down over your eye and push the base of the bottle downwards to get the drop out.

Preservative-free, single-dose units



Some preservative-free eye drops come in single-dose units, packed in a sachet or pouch inside a box.

If the eye drops are for both eyes, one single-dose unit can be used for both eyes. Just put one drop into each eye, then dispose of what's left.

Always dispose of single-dose units and any remaining eye drops straight after using them. They must only be used once.

How do I use eye drops?

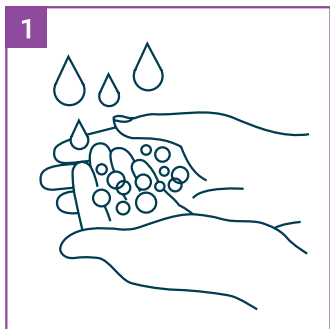
Always read the patient information leaflet that comes with your eye drops. It has important information about how to store and use your drops and about possible side effects.

Ask your pharmacist for help if you have any difficulty reading the label or patient information leaflet.

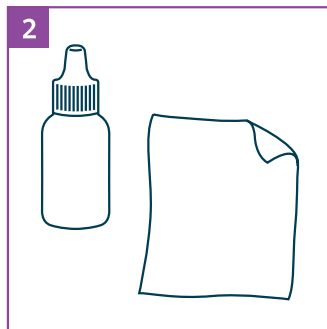
There are lots of ways you can put your drops in. This booklet makes some suggestions. Try different ways to find what works best for you. And remember, practice makes perfect. Keep trying.



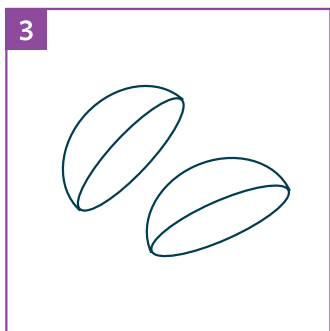
Step 1: getting started



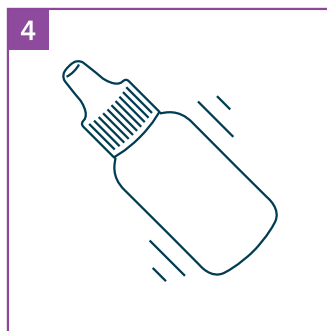
Wash your hands with soap or sanitiser.



Get your eye drops bottle and a clean tissue. Put them on a clean surface.



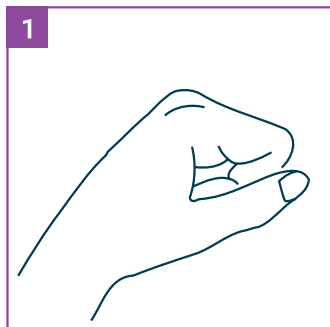
If you're wearing contact lenses, take them out.



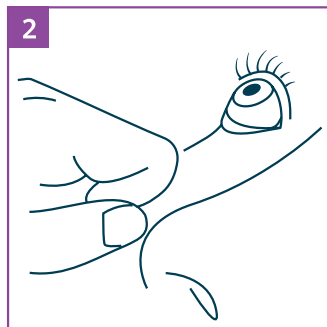
Gently shake or tap the bottle and remove the cap from the bottle.

Step 2: getting your drop in

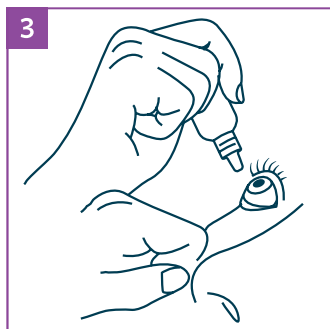
Option 1: wrist on knuckle



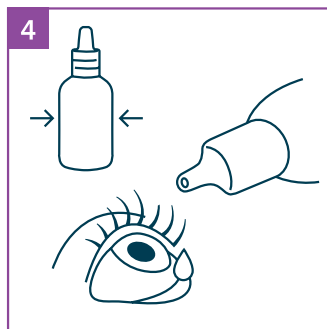
Make a fist with one hand and place it on your cheek.



Pull down your lower lid with your middle knuckle, to make a space between your eyelid and eye.

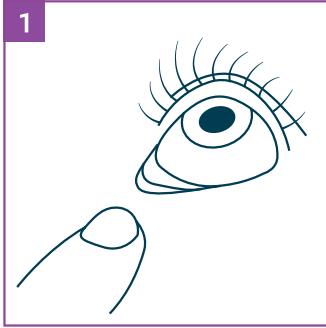


Hold the bottle in your other hand, and rest this hand on your fist and look up.

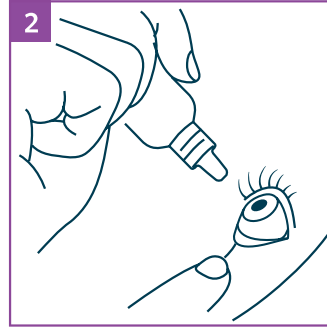


Squeeze the bottle so one drop falls into the space between your eye and your lower eyelid.

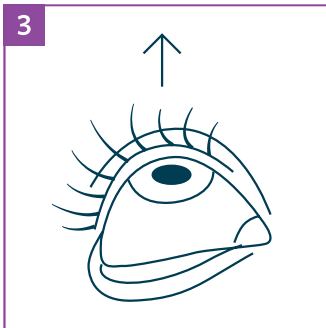
Option 2: in front of a mirror



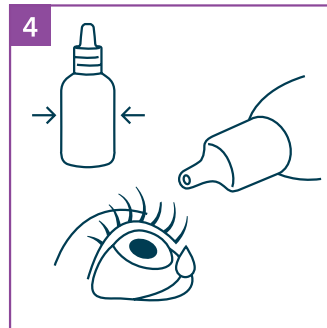
Use a finger to pull down your lower eyelid, to make a space between your eyelid and eye.



Hold the bottle over your eye with your other hand.

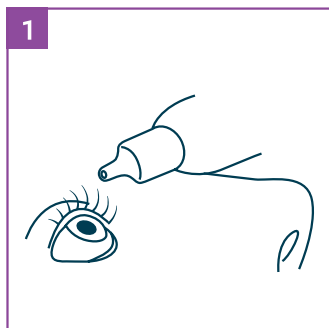


Look up.

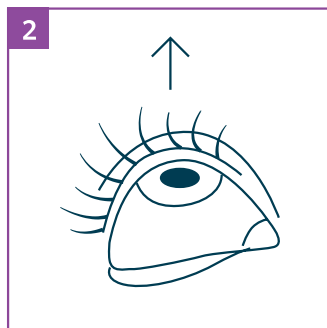


Squeeze the bottle so one drop falls into the space between your eye and your lower eyelid.

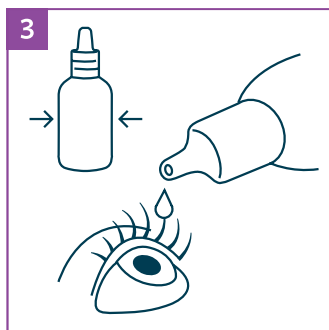
Option 3: bottle on nose



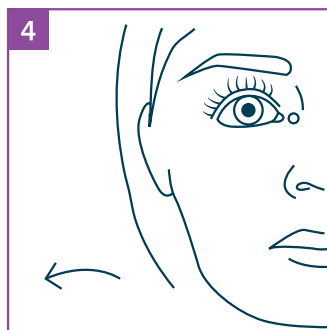
Lie or sit down and tilt your head back. Lay the bottle on the bridge of your nose.



Look up.

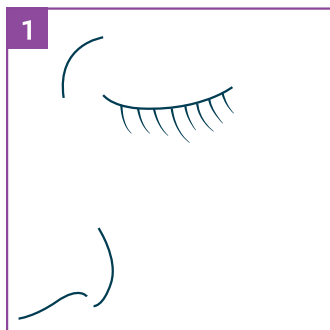


Squeeze the bottle so one drop falls into your eye.



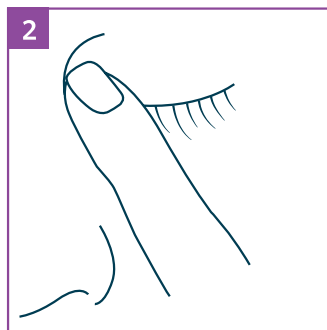
If needed, turn your head so the drop runs into your eye.

Step 3: afterwards

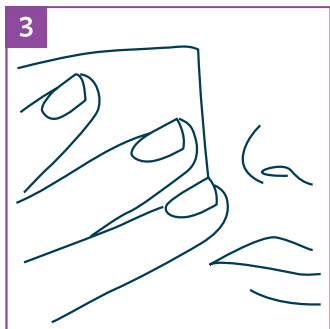


Gently close your eye.

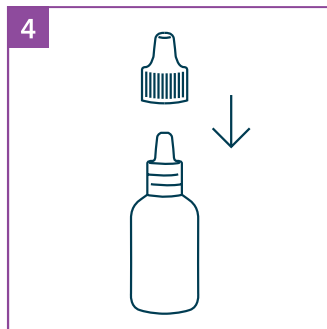
Use a finger to press lightly on the corner of your eye by your nose for 1-2 minutes.



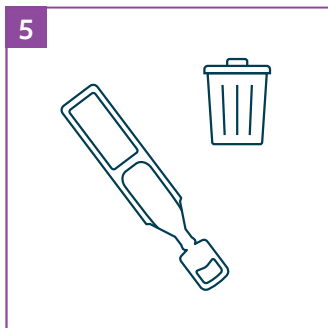
This stops your eye drops draining down your tear ducts. It keeps the eye drops in your eye where they're needed, and it helps reduce side effects.



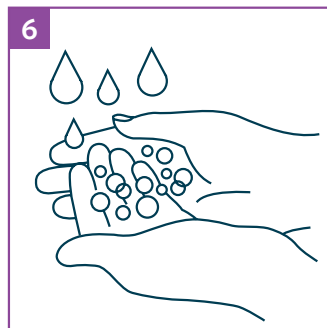
It's common for some eye drops to run on to your cheek. This is okay. Wipe them away with a tissue.



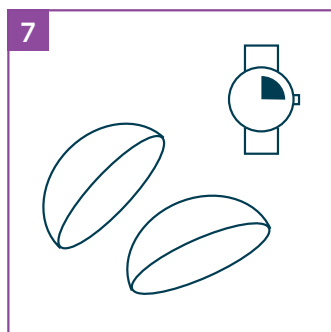
Put the cap back on the bottle.



Dispose of single-dose units.



Wash your hands again.



If you wear contact lenses, wait to put them back in. The patient information leaflet that comes with your eye drops tells you how long to wait. For most eye drops, it's 15 minutes.

Tips for putting in eye drops

- Get comfortable before putting your eye drops in. Sit or lie down if this is easier for you.
- Avoid touching the tip of the bottle.
- Avoid the bottle touching your eye and your eyelashes.
- Some eye drops need shaking before each use.
- There might be a delay of a few seconds between squeezing the bottle and the drop coming out. Do not squeeze too hard.
- Try to put in the right number of drops. This is usually just one drop. But it's okay if more drops go in occasionally.
- Some drops sting or irritate for a short time after putting them in. If the discomfort continues for longer, tell your eyecare professional, nurse or pharmacist.

Aids to help with eye drops

If you're finding it hard to put in your eye drops, a dispensing aid may help.

Aids can help you open or squeeze the bottle, get the drop in your eye or stop the bottle touching your eye.

There are lots of aids to choose from. The best one for you depends on the type of eye drop bottle and why you find it hard to use. Ask an eye care liaison officer (ECLO) or our helpline to help you choose. The aids you can get keep changing, but here are some examples of aids available at the time of writing.

Opticare

- For traditional eye drop bottles
- Helps with squeezing



Autodrop

- For traditional eye drop bottles
- Helps aim the drop

Opticare Arthro

- For traditional eye drop bottles
 - Helps with handling the bottle (for example if you have weak fingers)
 - Two sizes (blue for 2.5ml and 5ml and ivory for 10ml and 15ml round bottles)



Théa Eyot

- For single-dose units.
- Large eyepiece helps aim the drop.
- Trigger helps squeeze the single-dose unit



Compleye

- For pump bottles
- Helps with holding the bottle
- Stops the bottle touching your eye

Keeping eye drop dispensing aids clean

You must keep dispensing aids clean to avoid the possibility of eye infections. Wash your dispensing aids regularly in warm soapy water.

Where can I get a dispensing aid?

You may be able to get a dispensing aid from:



Glaucoma UK



Your eye clinic



Online shops



Your GP

Contact lenses and eye drops



- Unless your eyecare professional says something different, take out your contact lenses before putting in eye drops.
- After you put in your eye drops, wait at least 15 minutes before putting your lenses back in. Check the patient information leaflet for the time recommended for your eye drops. For some drops it may be more than 15 minutes.
- Ideally, if you wear contact lenses, you should avoid eye drops that contain preservatives. Talk to your eyecare professional or pharmacist about preservative-free eye drops.

Managing more than one type of eye drop

- More than one type of glaucoma eye drop? **Leave 5 minutes between each drop** to stop the second drop washing out the first.
- Glaucoma eye drops and dry eye drops, ointments or gels? **Leave 15 minutes between each one.**
- Some drops are thin and watery, others are thick. If you need to use more than one drop at the same time, put the thinner drop in first. Put eye drops in before ointments or gels.
- Use eye drops in the same order each time to reduce the chance of making a mistake.
- Use coloured stickers, larger labels, or elastic bands around the bottles to make it easier to tell them apart.



When should I put in my eye drops?



Put your eye drops in at the same time each day.

If you use drops more than once a day, space them out evenly. For example, if you put them in twice a day, you could do one dose at 8.00am and the other at 8.00pm. Find times that fit with your routine.

If your eyecare professional tells you to use your drops 'at bedtime', try to use them at the same time each evening. Do this even if you go to bed at a slightly different time each night. If you work shifts or have a varied bedtime, ask your eyecare professional, nurse or pharmacist for advice.

Remembering your eye drops

It's important to put every dose of your eye drops in every day, but it's easy to forget. If you forget a dose, just carry on as normal with the next one. Do not put extra eye drops in to make up for it.

Here are some suggestions that might help you remember your eye drops.

- Get into a daily routine. Always do your eye drops at the same time. Try pairing doing your eye drops with an activity you always do. For example, do your eye drops after brushing your teeth or as you're getting in to bed.
- Keep your eye drops where you can see them. For example, try putting them by your toothbrush so you're reminded to put in your eye drops when you clean your teeth.
- Set an alarm or reminder on an alarm clock, phone or smart speaker.
- Ask a friend or family member to remind you.
- Every time you use your eye drops, tick it off on a chart or calendar.



Storing eye drops



Always keep eye drops out of the reach of children.

- Check how your drops should be stored by reading the leaflet that comes with them or asking your pharmacist.
- Keep your eye drop bottle in its box to block out light.
- Keep your eye drops away from radiators and other heat sources, such as direct sun.
- Most eye drops should be stored at room temperature (below 25°C).
- Some eye drops should be kept in a fridge before the bottle is opened. After opening the bottle, you can store it at room temperature.
- Keeping your drops cool makes it easier to feel when a drop goes into your eye. You may be able to keep them cool by storing them in the door of the fridge. Check with your pharmacist or the leaflet that your drops can be stored safely this way.

- Keeping your drops in the fridge can make it harder to remember to put your eye drops in. Stick to the routine that works best for you.

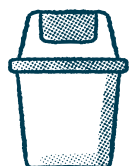
Reusable cool wallets keep your drops cool for up to 45 hours. Cool wallets have gel crystals that you soak in cold water to activate. You do not need to keep or put the wallets in the fridge, and they do not need any batteries or power. They're helpful if you're going out for the day or on holiday.



Discarding your eye drops



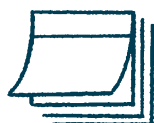
Discard single-dose units immediately after first use.



Discard your eye drops on or before their expiry date. Do this even if there is some left. The expiry date is written on the box or bottle.



After opening, eye drops are only safe for a limited time. Check in the patient information leaflet that comes with your eye drops how long you can keep them for after opening. For most eye drops, this is one month. Discard your eye drops after they've been open for this time. Do this even if there is some left.



Make a note on the box or in your calendar of the date you open a bottle. This helps you keep track of how long the bottle's been open and when you need to order more.

Getting repeat prescriptions

**You must keep using
your eye drops unless
your eyecare professional
tells you to stop.**



Order more eye drops from your GP before the bottle or box you're using runs out.

Once your GP has written the prescription, you'll need to get your eye drops from a pharmacist. Some pharmacists can deliver to your home.

You may accidentally use more of your eye drops than you should. For example, you may miss your eye and have to try again. If this happens, order your repeat prescription from your GP a little earlier so that you do not run out.

Branded and generic eye drops

All the drugs used in eye drops have standard pharmaceutical names. These are not trade or brand names. If your drops are only labelled with the names of the drug or drugs they contain, they are generic. However, many drops are better known by their brand name, chosen by the company that developed the drug and have the patent.

This is the same for all medicines, including common ones you might buy over the counter. For example, Panadol is a brand name of paracetamol. Whether you buy a branded or a generic painkiller, you're buying the same drug, just in different packaging and with slightly different ingredients.

In the next section about eye drops and their side effects, we list the generic drug first, and the brand names afterwards. For example, latanoprost is a generic drug. Branded drops containing latanoprost include Xalatan, Monopost and Xalacom.

Your pharmacist might give you a generic version of your eye drop, rather than the branded version. This is okay because the active drug is the same. Other ingredients, such as preservative might be different. You might prefer a particular brand, and that's okay, but getting the right active drug is the priority. Sometimes a particular brand is unavailable. If you're unsure that it's the right eye drop, talk to your eyecare professional or pharmacist straight away. If you receive a different brand of your eye drops, do check how to store them.

It can be confusing. You may get the same eye drop in a completely different bottle or packaging from one month to the next. This is because different companies make that eye drop. If you use two different types of eye drop, they may come in bottles that look very similar. Check the name on the label and the bottle or box. If you're unsure check with your pharmacist.

Most people have no trouble with generic drops but there can be some issues whenever you change eye drops. For example, you might find it difficult getting the cap off some types of bottles. If you use an eye drop dispensing aid, only some styles of bottle will fit. You might find it difficult to squeeze some types of bottles. Rarely, the slightly different ingredients may not suit you.

Glaucoma eye drops and their side effects

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There are lots of eye drops for glaucoma. They all lower eye pressure, but do this in different ways. Like all medicines, eye drops can have side effects.



Contact your eye clinic straight away if you get side effects that worry you or stop you using your eye drops.

Red, sore or itchy eyes are common side effects of using eye drops.

- Ask your eyecare professional about using a preservative-free eye drop or if another treatment may be suitable.
- Keep using your eye drops unless your eyecare professional tells you to stop.
- Try using lubricating eye drops or ointments to soothe your eyes. Your eyecare professional or GP might prescribe these for you. You can also buy them over the counter at a pharmacy or your local high street optician.

The side effects are different for each kind of eye drop.

The patient information leaflet that comes with your eye drops lists the possible side effects.

Although reading about side effects can feel scary, it may help to remember that only some people get side effects, others do not. Some side effects are very common, and lots of people get them. Other side effects are rare, and very few people get them..

Here's a brief summary of how different kinds of eye drops work and their main side effects. We cannot list every drop or every side effect. Talk to your eyecare professional or pharmacist about your eye drops.



Always tell your eyecare professional about other medicines you take and any side effects you get from eye drops.

Prostaglandin/prostamide analogues

Prostaglandin/prostamide analogues are often the first type of eye drop for people with glaucoma or ocular hypertension. They improve the flow of aqueous out of your eye. They're used once a day, usually in the evening.

Eye drops containing prostaglandin analogues include:

- bimatoprost (including Eyreida, Eyzeetan, Ganfort, Lumigan)
- latanoprost (including Xalatan, Monopost, Xalacom)
- tafluprost (including Saflutan)
- travoprost (including DuoTrav, Travatan)

Possible side effects include:

- A pink eye (this usually improves over time)
- A permanent change in your eye colour (this is most likely if you have green or hazel eyes)
- Longer, darker, thicker eyelashes
- Darkening of your eyelid and skin around your eye

Beta blockers

Beta blockers reduce how much aqueous your eye makes. They're used once in the morning (slow-release gels), or twice a day.

Eye drops containing beta blockers include:

- timolol (including Azarga, Combigan, Cosopt, DuoTrav, Eylamdo, Eysano, Eyzeetan, Ganfort, Taptiqom, Timoptol, Tiohex gel, Xalacom)
- betaxolol (including Betoptic)
- levobunolol (including Betagan)

Possible side effects include:

- Shortness of breath
- Slow pulse
- Dizziness
- Tiredness
- Depression
- Loss of sexual drive (libido)
- Problems with sexual activity for men (impotence)

Alpha agonists

Alpha agonists reduce how much aqueous your eye makes and improve flow of aqueous out of your eye. They're usually used two or three times a day.

Eye drops containing alpha agonists include:

- brimonidine (including Alphagan, Combigan, Simbrinza)
- apraclonidine (including Iopidine)

Possible side effects include:

- Dry mouth
- Weakness
- Tiredness
- Headache

Up to 1 in 4 people develop an allergic reaction, typically three–four months after starting to use alpha agonist eye drops. If this happens, your eye will get increasingly red, sore and sticky. However, severe allergic reaction is uncommon, affecting fewer than 1 in 100 people. If you have an allergic reaction, contact your eyecare professional straight away.

Carbonic anhydrase inhibitors

Carbonic anhydrase inhibitors reduce the amount of aqueous made in your eye. They're used two or three times a day on their own, or twice a day with another drop.

Eye drops containing carbonic anhydrase inhibitors include:

- brinzolamide (including Azarga, Azopt, Simbrinza)
- dorzolamide (including Cosopt, Eydelto, Eylamdo, Trusopt)

Possible side effects include:

- Red eye
- Tiredness
- Crusty eyelashes
- Bitter taste

Another type of carbonic anhydrase inhibitor comes as a tablet (acetazolamide or Diamox). This is usually used short term, if your eye pressure is very high or before laser treatment or surgery.

Possible side effects of acetazolamide tablets are:

- Tingling, numbness or coldness in your fingers or toes
- Headache
- A need to wee more often than normal
- Tiredness
- Moodiness (irritability)
- Feeling or being sick
- Loss of appetite
- Thirst
- A metallic taste

Cholinergic agonists

Cholinergic agonists improve the flow of aqueous out of your eye. They're usually used to treat angle closure glaucoma. They're used three or four times a day. The main eye drop containing a cholinergic agonist is pilocarpine.

Possible side effects are:

- Headache
- Blurred vision
- Burning sensation
- Itching
- Small pupils (leading to difficulty seeing in dim light or darkness)

Rho-kinase inhibitors

Rho-kinase inhibitors are a relatively new type of eye drop. They help aqueous drain out of your eye, but do so in a different way to other eye drops. At the time of writing, there is only one Rho-kinase inhibitor eye drop available in the UK: Roclanda. Roclanda contains a rho-kinase inhibitor, netarsudil, and a prostaglandin, latanoprost. You use Roclanda once a day, usually in the evening. Your eyecare professional might prescribe Roclanda if your eye pressure is still too high after trying other eye drops.

Possible side effects include:

- Red eye
- A permanent change in your eye colour
- Longer, darker, thicker eyelashes
- Itchy or gritty feeling in your eye

Combination drops

Combination drops have two drugs in one bottle. Most of them have timolol and something else. For example, Ganfort contains timolol and bimatoprost. The side effects of combination eye drops are the same as the side effects for each drug they contain. You put combination eye drops in just like any other eye drop.

Combination drops save you time and mean fewer bottles. You put less preservative into your eye, making allergic reaction less likely. If you pay for prescriptions, you only pay one charge.

Further help and information from Glaucoma UK

We offer other free information booklets on a range of topics, including:

- **Different types of glaucoma**
- **Treatments such as eye drops, laser treatments and surgery**
- **Driving and glaucoma**

For a full list of available booklets and to order or download them, visit our website or contact our helpline.

As well as our information booklets, helpline and website, there are lots of other ways we can help you to live well with glaucoma.

Some examples of our services are:

- **Buddy scheme**

If your eyecare professional recommends laser treatment or surgery, we can pair you up for a chat with someone who's already had the treatment.

- **Glaucoma support groups**

Find out more about glaucoma, share information, and ask questions. Visit our website or call our helpline to see if there's a group near you and to find out about online groups.

- **Health Unlocked**

Join our online forum and talk to other people with glaucoma. Visit **healthunlocked.com/glaucoma-uk** to get involved.

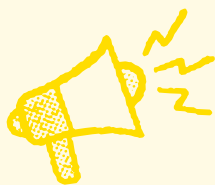
For more information, to get involved or to give us feedback contact our helpline, visit **www.glaucoma.uk/more** or scan the QR code.



About Glaucoma UK

Glaucoma UK is the charity for people with glaucoma. We raise awareness of the risks of glaucoma, and offer help and support to people living with the disease.

We fund high-quality research into prevention, diagnosis, treatment and, hopefully one day, a cure. We also work with professionals to influence policy and practice with the goal of improving services. Our aim is to end preventable glaucoma vision loss.



Raising awareness

Helping people understand why they may be at risk of glaucoma.



Influencing policy and professional practice

Advocating for glaucoma patients with those who develop policy, commission services and deliver care.

Providing support

Ensuring people can access reliable help and advice when and how they need it.



Supporting research and development

Funding high-quality research into glaucoma prevention, diagnosis, treatment and cure.



Keep in touch

We'd love to keep in touch.

Visit our website to sign up for our email newsletter to hear more about our work and how we can help you.

Join Glaucoma UK

Join Glaucoma UK and become a member of our supportive glaucoma community.

You'll receive exclusive benefits, including our magazine full of news and information about glaucoma.

Find out more at **www.glaucoma.uk/membership** or call **01233 648 164**.

Disclaimer

The information in this booklet was correct at the time of last review and is intended as a general guide only.

Always ask an eyecare professional or doctor for advice specific to you.

A list of sources is available on request.

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