

**DIVISION OF SURGERY &
ANAESTHESIA: OPHTHALMOLOGY**

Our ref:
Date: **[date]**

[Consultant's name]
Ophthalmology Dept
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Enquiries on this matter should be made to: Miss Sunita Das
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Our Ref: /sd/Hosp No:
NHS No:

[patient name]
[patient address]

Dear **[patient's name]**

Ocular Hypertension Monitoring Scheme (OHTMS)

As discussed during your last visit here at the hospital eye clinic, you have been diagnosed with Ocular Hypertension (OHT). This is where the internal eye pressure is higher than expected for your age, but there are no signs that this has caused any damage at all to your sight or to the health of your eyes.

However, between 4 and 10% of people with OHT will go on to develop glaucoma, and for this reason your eyes need to be checked regularly. Many people will require no treatment for OHT; others (who are felt to be at greater risk) will be prescribed eye drops to lower the pressure in their eyes and hence reduce the risk of developing glaucoma.

To make your on-going monitoring more convenient for you, your chosen optometrist has agreed to help by carrying out your check-ups at 12 monthly intervals. Please contact your chosen optometrist for an appointment in a year's time if you do not hear from them direct. This appointment will be separate from your routine sight tests, and you can continue to purchase spectacles from any optical supplier of your choice.

If you are presently on eye drops, please take them with you when you attend for an OHTMS appointment. Your G.P. will continue to prescribe your drops in the usual way and you should continue to use them all the time as directed.

You are now officially discharged from the hospital eye clinic. After each visit on the OHTMS your optometrist will send a report to your GP and give you a copy. Should the optometrist be at all uncertain about your results, you will be referred back to the hospital again.

Your chosen OHTMS Optometrist is: [optometrist or practice name]

Date of 1st appointment with OHTMS optometrist: *[date in one year's time]*
You should receive a reminder letter but please get in touch with your optometrist at this time if you do not receive one.

PLEASE KEEP THIS LETTER AS A RECORD OF YOUR REGISTRATION ON OHTMS

IT MAY BE HELPFUL TO SHOW IT TO THE OPTOMETRIST AT ANY FUTURE SIGHT TESTS TO PREVENT YOU BEING REFERRED BACK TO THE HOSPITAL UNNECESSARILY

Yours sincerely

Miss Sunita Das
OHTMS link secretary

SAMPLE