

## INFORMATION FOR PATIENTS

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# Eye drops for children (cyclopentolate)

## New patients

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As part of your child's eye examination, the doctor/optometrist may suggest a refraction. This test checks if glasses are needed.

The test may take place on the first appointment or at a future visit to the hospital.

To perform the test accurately, drops must be instilled into the eyes to enlarge the pupils. These may be put in by the orthoptist in clinic, or parents may be asked to put them in at home before the appointment. When the drops are put in, they take about 30 minutes to work to their full effect.

The drops can be uncomfortable when they go into the eye, so the orthoptist will try to put them in as quickly and efficiently as possible.

### What do the drops do?

#### 1. Make the pupils in the eye become larger

This can make the eyes more sensitive to light as the pupils will not be able to react to the light.

This may last for the rest of the day. If your child has pale (blue or grey) eyes the pupils may remain larger into the next day.

Wearing a cap or sunglasses can make your child more comfortable, especially while travelling to and from the hospital.

#### 2. Blurred vision (especially near vision)

The drops will temporarily affect your child's ability to focus, which is important for obtaining accurate results. For the next four to six hours, your child may experience difficulty with close work such as reading.

You may choose to keep your child at home after the test to ensure they are comfortable. If your child does return to school following a refraction, please inform the teacher about the blurred vision so they can make the necessary adjustments.

#### Are there any risks from the eye drops?

Very occasionally some children are allergic to drops. Their eyes may become red, or their skin may become flushed with a raised temperature. Let your clinician know if this happens.

#### What happens at the test?

The optometrist/doctor will check and make sure your child's eyes are healthy. This is done by shining a bright light into the eyes.

They will also measure your child's eyes to decide if he/she needs a prescription for glasses.

We do not always order glasses, even if the child does appear to be slightly long or short-sighted.

The factors which influence whether glasses are ordered include:

- a) Your child's vision
- b) If he/she has a squint
- c) The strength of lenses required
- d) The age of your child.

After considering all these things, a decision will be made whether to order glasses. If your child does need glasses, you will be given a voucher to take to an optometrist to have the glasses made up.

## Contact details

If you have any queries about your child's treatment, please contact the Orthoptic Department:

- **Email:** [Sfh-tr.orthoptics@nhs.net](mailto:Sfh-tr.orthoptics@nhs.net)
- **Urgent orthoptic queries:**
  - Telephone: 07768615247, Monday to Wednesday, 8am-4pm
  - Telephone: 07825866704, Thursday to Friday, 8am-4pm
- **For appointment booking/cancellation:**
  - Telephone: 01623 672383.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

BIOS website: [www.orthoptics.org.uk](http://www.orthoptics.org.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202502-06-EDCN  
Created: November 2015 / Revised: February 2025 /  
Review Date: February 2027