

Naevus Imaging Clinic

Information for patients

This leaflet is for patients attending the **Naevus Imaging Clinic** in Ophthalmology outpatients. It will guide you through your appointment and give you some background information on **choroidal naevus**.

What is a choroidal naevus?

A choroidal naevus is a pigmented (darkly coloured) patch seen on the retina at the back of the eye (see image). They are similar to a skin naevus (mole) that can be found on other parts of the body. Just like in the skin, the eyes contain cells which produce pigment and these cells can cause a mole to develop inside the eye.

What are the symptoms?

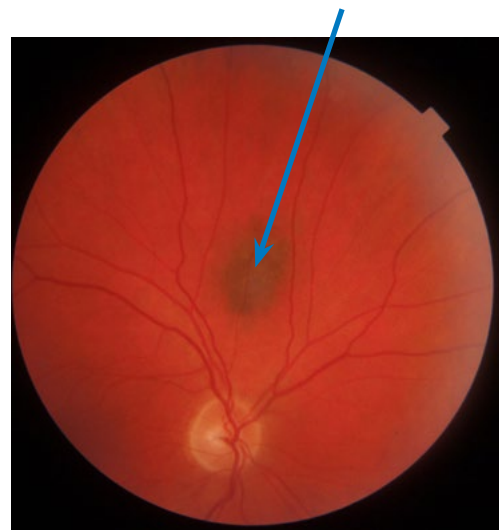
There are none. Naevus are present in about five in every 100 members of the general population. They tend to only be found when you have an eye examination at the opticians or ophthalmic department for other eye problems.

Do I need treatment?

Like any mole, there is a slight risk (one in 8,845 cases) of it becoming a malignant (cancerous) lesion known as Choroidal Malignant Melanoma (CMM), so it will need regular monitoring (details below). There are specific rare features of a naevus which can be a warning sign of this, and if this is the case for you, a referral for further assessment will be needed.

A very small number of naevi that show growth or other suspicious features would need treatment - this is rare. Naevi are generally harmless and fundus photographs (photographs of the retina) are helpful in monitoring changes.

Choroidal naevus



Where will my appointment be?

Your appointment will be in the Ophthalmology Department in Outpatients at Kent and Canterbury Hospital.

What will happen at my appointment?

Your appointment will take approximately one hour. You will have your eyesight tested and the pressure of your eyes checked. We will then take a series of images and scans of your eyes (they are all painless).

We will need to dilate (open up) your eyes to help with imaging.

What do I need to know about dilation drops?

The eye drops given to you to dilate your pupils are Tropicamide 1% and Phenylephrine 2.5%. The following are normal reactions to the dilating drops.

- Blurred vision and sensitivity to bright light (you may find it helpful to wear sunglasses after your appointment).
- Temporary stinging and a dry mouth after the eye drops are added.
- The effects of the drops can last between two and four hours, but can be up to six hours. You should not drive or operate heavy machinery until your sight returns to normal and your eyes are comfortable. Please do not drive home from the hospital, bring someone with you to your appointment to take you home.

Very rarely, the drops can cause a sudden, dramatic rise in pressure within your eye (known as acute glaucoma). This will need to be treated quickly in the hospital eye unit. The symptoms of this include:

- pain or severe discomfort in your eyes, with a redness of the white in your eyes
- constant blurred sight, sometimes with rainbow halos around lights; and
- nausea (feeling sick) and vomiting.

These reactions are very rare and will normally happen within 30 minutes of the drops being given. However, if you experience any of the above reactions/symptoms at home you should go to your local Emergency Department or GP immediately.

What will happen after my appointment?

The images from your appointment will be reviewed by an ophthalmic science practitioner. The results will be sent to you and your GP by letter within six weeks.

The letter will recommend one of the following courses of action.

- **Discharge back to your optician** – if no naevus is found.
- **Follow-up appointment** to be arranged back in the Naevus Clinic in six or 12 months to continue monitoring.
- **Referral to an ophthalmologist for face to face consultation.** This may be because further tests are needed or that the images taken during your appointment did not provide enough information. It may also be that another eye condition has been seen which needs further investigation.

If you have any questions about your results or the course of action outlined in your letter, please speak with your GP.

Further information

- **Advice after receiving your dilation eye drops: Guy's and St Thomas' NHS Foundation Trust**
Web: www.guysandstthomas.nhs.uk/resources/patient-information/diabetes/advice-after-receiving-your-drops-DESP.pdf
- **Choroidal Naevus (Freckle): Hull University Teaching Hospital**
Web: www.hey.nhs.uk/patient-leaflet/choroidal-naevus-freckle/
- **Choroidal Naevus: Torbay and South Devon NHS Foundation Trust**
Web: www.torbayandsouthdevon.nhs.uk/uploads/25470.pdf

Contact details

- For queries about your appointment, please contact the naevus clinic co-ordinator on 01227 86 86 09, between 8am and 4pm, Monday to Friday.
- If you have any concerns, please speak to the ophthalmic technician on the day of your appointment.

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation