



Referral to the Community Optometrist (Optician) and the Hospital eye service

Information for parents
Orthoptic Department



WHY HAS MY CHILD BEEN REFERRED FOR FURTHER ASSESSMENT?

- Your child struggled to see some of the smaller matching shapes on the vision test with his/her
 - RIGHT LEFT BOTH eye/s.
- Your child was found to have a squint.
- Your child was found to have an eye muscle imbalance.

What will happen now?

We wish your child to attend a local optometrist(optician) for a glasses test. The enclosed letter contains the results of your child's test for the optometrist.

What will I do if I do not receive this letter?

We will try to leave this letter at the nursery on the day of your child's test however it is sometimes necessary to post this out separately. If it does not arrive within 4 weeks of your child's test please contact the orthoptic department in your local hospital.

Was the test too difficult for my young child?

No because the orthoptist has a choice of vision tests which are specifically designed for children of this age group. We will retest your child's vision when they attend the hospital.

Was my child just losing concentration?

The orthoptist takes this into account when we are testing young children. Some children may lose concentration because they are finding it difficult to see.

What will happen at the optometry appointment?

The full test may take up to 90 minutes so please be prepared. To ensure that an accurate test for glasses is carried out, your child will require to have drops put into their eyes. The optometrist will do this and ask you to wait for 30 minutes so that the drops have taken effect before the test is carried out.

Why are drops required

It is necessary to enlarge the pupil and to temporarily reduce the focussing power of the eye so that an accurate eye examination is made. This includes checking to see if glasses would be helpful and that the eyes are healthy.

How will I know that the drops have worked?

The pupil (black part of the eye) will be enlarged and not react to light. While the pupils are enlarged more light will enter the eye, which may cause some discomfort in bright light or sunshine.

The eye will not be able to focus properly so vision will be blurred, particularly for reading and close work.

How long will the effects last?

Focussing ability recovers within 4-6 hours. Recovery from light sensitivity and the enlarged pupil may take up to 24 hours.

What precautions should I take while the drops are effective?

An adult should supervise the child. If your child returns to nursery the teacher should be informed that they may not be able to read or write as well as usual.

What will happen next?

You will also receive an appointment to attend the Orthoptic Clinic.

Do I need to phone the hospital to make an appointment?

No your child will be placed on the waiting list and you will receive an appointment through the post.

How long will I have to wait?

If you do not receive an appointment within 12 weeks please contact 01698 361100 Ext 7421

Do I still need to attend the Orthoptic Clinic even although my child has attended the optometrist?

Yes your child's vision is still developing at this age and the orthoptist is specially trained to monitor this.

My child already attends the Orthoptic Department, why have they been re referred?

This is a screening test so the screener has no prior information and has to make a referral for every child who does not meet the pass criteria. If your child already has a follow up appointment at the hospital this will be picked up when the referral is processed and your child will not usually require an additional appointment.

What do I do if my child attends a hospital outwith Lanarkshire?

Please telephone 01698 361100 Ext 7421 to have your child's screening results forwarded to their orthoptic department and have them removed from our waiting list.

HOW WE KEEP YOUR HEALTH INFORMATION SECURE

NHS Lanarkshire take care to make sure that only people who are allowed to can access your personal information. Our staff have a legal duty to keep information about your health safe, secure and private.

If you want to learn more about how we do this, you can visit our website at <https://www.nhslanarkshire.scot.nhs.uk/data-protection-notice> You can also ask a member of staff for a copy of our Data Protection Notice.

Authors: Avril Farquhar/
Ashleigh Mellors

Contact: Dr Rachel McKay

Telephone: 01355 585352

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk

NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

For NHS staff only -

For advice on how to get a leaflet translated for your patients, please contact: patientinformation@lanarkshire.scot.nhs.uk

For patient letters, records etc. please email: translation.services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	August 2025
Review date:	August 2027
Issue No:	04
Dept:	Orthoptic Department
Clinical Lead:	

XS PIL.POVSCM.25_20711