

Ophthalmology

Intravitreal Injection of Triamcinolone Acetonide

Treatment: what is an Intravitreal injection of Triamcinolone Acetonide?

A steroid called Triamcinolone Acetonide is injected into the eye using a tiny needle. This medicine is not licensed for use in the eye but has been shown in studies to be effective in eye conditions like yours.

It has been used to treat vein conditions where blood vessels have been blocked at the back of the eye (retina) and a variety of conditions where “water logging” of the retina has occurred. The medicine enters the jelly (vitreous) of the eye.

This injection is increasingly being used to quickly and effectively help to stabilise vision, and as a complementary treatment where water logging or swelling has caused a reduction in vision.

What is the benefit of the injection?

The dose of steroid is much smaller than if you were prescribed steroid tablets. This means that you are not going to experience

any of the usual side effects of steroids such as weight gain, increased blood pressure, osteoporosis, and the development of diabetes or stomach ulcers.



Why is it carried out?

This is usually performed because you have swelling or inflammation at the back of the eye (retina) which needs to be reduced quite quickly. The injection is able to deliver the steroid directly to where it is needed and will hopefully speed the recovery of your eye.

Please note that you will need to have your pupils dilated for this procedure. This means that you must not drive after receiving the injection. Please arrange for someone to come with you or collect you on the day of the procedure.

You are advised to eat and drink normally before having the procedure. Please take your medication as prescribed unless you are told not to.

What happens when you arrive in the eye theatre?

- You will be asked about your general health and what medications you are taking;
- You will be asked about any allergies that you may have;
- Your vision will be checked;
- Drops will be put in your eye to dilate your pupil;
- Your blood pressure and pulse will be checked;
- The Consultant will ask you to sign a consent form to say that you understand what the procedure is and that you wish to have the procedure done;
- You will be helped into a reclined position;
- Eye drops will be put into your eye to numb the front of the eye;
- Your eye and the area surrounding will be cleaned with an antiseptic solution containing iodine;
- Your eye lids will be held open using a small clamp-like device called a speculum. This will be inserted around your eyes to hold your lids apart. This may be uncomfortable but it will prevent you from accidentally blinking;
- Some local anaesthetic will be injected into the white of your eye to numb the area where the injection will go in;

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- You will be asked to stay still during the injection;
- Someone may be holding your hand so if you need to move you can squeeze their hand and let them know;
- The injection will last a few seconds and you may experience a pricking sensation;
- In extremely rare cases the doctor may need to withdraw some fluid from the eye if the pressure seems too high;
- The doctor will apply direct pressure to the site of injection for about a minute which can be moderately uncomfortable;
- The eye clamp (speculum) is removed;
- The doctor may check your eye afterwards;
- You will then be taken back to the recovery area;
- The doctor may check your eye again before you go home.

How long does the procedure take?

The injection takes a few seconds. The whole procedure from start to finish will take about 15-20 minutes. You will have this done in a sterile environment – such as in the Eye Theatre or a clean room. You can go home after the procedure.

What are the risks involved?

The effects of this injection are not permanent and can wear off in 1-6 months, and another injection may be required.

The most common side effect from this injection is that the pressure in the eye will increase. You will have had your eye pressure checked when you were in clinic so the Consultant will monitor this when the eye has had a chance to settle, in about 4-6 weeks' time.

You may find this procedure uncomfortable, but most patients find that it is no worse than having an injection into the arm.

Rare complications from the injection are:

- Bleeding inside the eyeball;

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- Infection in the eye (endophthalmitis). This occurs in less than 1 in 1500 people who receive this treatment;
- Retinal detachment;
- Cataract formation may be accelerated by this treatment.
- You may have an allergic reaction to some components of the medicine.

Immediately after the injection you may notice a 'big black blob' this is normal. It is not painful but a bit disorientating. It is expected that the pressure in your eye will rise immediately after the injection, but should settle after a half an hour.

Throughout the same day:

- **Avoid rubbing the eye;**
- You may experience irritation (this may last a couple of days) at the injection site and your eyes may be watery;
- You will be given drops to use after the procedure use as instructed;
- You may experience some discomfort inside your eye.

If you experience any pain or worsening in the condition of the eye you must attend the Eye Casualty immediately; do not wait until you are due to attend for a check up.

One Week Later

- The black blob will have either completely disappeared or will have greatly reduced in size;
- You should notice some improvement in your central vision.

Follow up appointment

You will be reviewed in the Outpatients Department two weeks after the injection for a pressure check. You will then be seen again in four weeks time for a full eye examination.

Patient Information

If you have any concerns about the procedure or you would like clarification over the contents of this leaflet, please call the Eye Department and ask to speak to a Retinal Nurse: Tel 024 7696 4000 and ask for bleep 2828 and stay on the phone until you are connected.

Useful Contact advice

Out of hours there is a reduced emergency eye service available via the Accident and Emergency Department.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 4000 and ask for bleep 2828 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit www.uhcw.nhs.uk and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.

This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.