



Information for  
patients and  
carers

**iStent**

**Glaucoma treatment**

Glaucoma is commonly associated with raised pressure in the eyes (intraocular pressure). This is a result of inadequate fluid drainage out of the eye leading to a pressure build up.

The iStent inject® is designed to reduce intraocular pressure by improving fluid outflow through the trabecular meshwork, which is the natural drainage channel in the eye. The iStent inject® creates a permanent opening in the trabecular meshwork, it bypasses the blockage and helps to drain fluid and so reduce eye pressure. The iStent inject® has been in use since 2012 and has proved to have an excellent safety record.

## Why has the iStent been suggested?

iStent inject® insertion is faster, more straightforward, and less invasive than traditional operations for glaucoma. The iStent inject® is suitable for patients with mild-to-moderate open-angle glaucoma who are going to have cataract surgery and it potentially can reduce the need for glaucoma eye drops.

The iStent inject® will not cure your glaucoma, reverse any damage already caused by glaucoma, or bring back any lost vision.

## Risks of surgery

Infection, reduction in vision, bleeding at the front or back of the eye, inflammation in the eye which may be severe and may last for a long time, raised eye pressure, damage to the trabecular meshwork or iris, inappropriate iStent inject® insertion, further eye surgery or surgery for glaucoma may be needed.

## When is iStent inject not useful?

The iStent inject® is not suitable for people who have advanced glaucoma, uncontrolled eye pressure on medication or where the trabecular meshwork is not visible.

## What does the procedure involve?

The iStent inject® consists of 2 microscopic stents within one injector device. The injector enters the eye through a small cut made on the edge of the cornea and is injected into 2 separate areas of the trabecular meshwork.

It is made of surgical-grade titanium so it won't be rejected by the body. Each iStent inject stent® is approximately 0.23 mm x 0.36 mm; they are so small that you will not see or feel them when they are in place in the eye.

The procedure is carried out in theatre usually under a local anaesthetic; it can be performed on its own or as part of cataract surgery. If it is carried out at the end of cataract surgery, it takes an extra 15 minutes, with the same wound used as for cataract surgery. During the iStent inject® surgery you will be asked to tilt your head about 35 degrees away from the surgeon, the microscope will then be adjusted giving the best view of the eye's drainage channel for the surgery.

## What to expect after the procedure

At the end of the procedure your operated eye will have a pad placed over it and this will be covered with an eye shield. However, if your unoperated eye does not see well, your operated eye may not be padded and instead covered with a clear plastic shield for protection. You will usually be able to go home the same day as your operation.

Recovery is usually quick after the surgery, which allows you to return to normal activities soon. You will get an appointment 1 week after the procedure, then in 1 month. You will be started on eye drops after the procedure for one month. Your doctor will tell you whether you should continue with the anti-glaucoma drops for the operated eye. You will continue to have regular checks for your glaucoma. If the eye pressure increases then you may need to resume using glaucoma medications.

## Additional information

The iStent inject® will not set off airport scanners. It is MRI scan conditional, which means it is safe in most instances. The specific conditions under which an MRI scan is allowed are listed below.

The stent is coated with heparin which is from a porcine (pig) source.

Parameters for safe MRI scans:

MRI conditional: · Static magnetic field of 3 Tesla or less. · Maximum spatial gradient magnetic field of 4,000 gauss/cm (40 T/m). · Maximum MR system reported, whole body averaged specific absorption rate (SAR) of 4 W/kg. Within these parameters, a clinically significant temperature rise after 15 minutes of continuous scanning is not expected in the iStent inject®.

## Contact details

If you experience any problems, such as sudden loss of vision or pain, contact the number below:

Ophthalmology telephone triage service:

**01257 245346** (Monday to Friday 9.00am to 4.30pm).

If you feel that your eye condition needs an urgent assessment outside of these hours, please attend the nearest Emergency Department.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.glaucoma-association.com](http://www.glaucoma-association.com)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ے مہر یان پو ے یچھہ ی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبير ة و بلغات إذا كنت تر يد مسا عدة في فهم هذه لمعلومات يُر جى أن تطلب أخرى يملكن تو فسير هذه المعلوما ت

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**Division:** Surgery

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