

Who to refer to the Ophthalmologists

1. Unusual presentations of Graves' eye disease to confirm diagnosis
eg. unilateral symptoms and signs, euthyroid eye disease – 1 – 2 months
2. URGENT – 1-2 weeks
Symptoms:
Unexplained drop in vision
Awareness of change in intensity or quality of colour vision in one or both eyes
History of one or both eyes popping out (globe subluxation)

Signs:
Obvious corneal opacity
Cornea still visible when the eyelids are closed
Optic disc swelling
3. NON – URGENT 1 – 2 months
Symptoms:
Eyes abnormally sensitive to light: troublesome or deteriorating over the past 1 – 2 months
Eyes excessively gritty and not improving after 1 week of topical lubricants
Pain in or behind the eyes: troublesome or deteriorating over the past 1 – 2 months
Progressive change in appearance of the eyes or eyelids over the past 1 – 2 months
Appearance of the eyes has changed causing concern to the patient
Seeing two separate images when there should only be one

Signs:
Troublesome eyelid retraction
Abnormal swelling and/or redness of the eyelids or conjunctiva
Restriction of eye movements or manifest strabismus
Tilting head to avoid double vision
4. No referral is needed for Graves' Disease with minimal eye symptoms or signs.

Fax numbers for urgent referrals:

PAEP 0131 536 4090

St John's Hospital, Livingston 0150 524 293