



PATIENT & CAREGIVER EDUCATION

About Your Intraocular Injection for Pediatric Patients

This resource explains what to expect before, during, and after your intraocular (IN-truh-AH-kyoo-ler) injection (shot). In this resource, the words “you” and “your” refer to you or your child.

An intraocular injection is a way to give medicine directly into your eye. Your healthcare provider will explain which medicine you’re getting during your procedure and why you’re getting it.

The medicine your healthcare provider will use depends on:

- Your diagnosis (cause of your illness).
- The amount of treatment you need.

Intraocular injections are used to treat many eye problems, such as:

- Bleeding.
- High intraocular pressure. This is pressure in your eye that’s higher than normal.
- Tumors inside the eye.

You may need to have this treatment during more than 1 visit. Your healthcare provider will tell you how often you’ll need to come in for more injections.

Most people get general anesthesia (A-nes-THEE-zhuh) for this procedure. General anesthesia is medicine to make you sleep during your procedure.

Before your intraocular injection

The week before your appointment, you'll get a phone call or an email to confirm your appointment time. It will also explain where to go, and when to stop eating and drinking the day of your procedure.

Arrange for someone to take you home

You must have a parent, guardian, or a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely. They should be able to contact your care team if they have any concerns. Make sure to plan this before the day of your procedure.

Instructions for eating and drinking before your procedure

Do not eat or drink anything after a certain time on the night before your procedure. This exact time is based on your age and any other medical problems you have.

Your healthcare provider will talk with you about what you can and cannot eat before procedure.

If you don't follow the instructions your care team gives you, we may need to cancel or reschedule your procedure.

What to do the day of your intraocular injection

Things to remember

Wear your glasses on the day of your procedure. If you wear contact lenses, you'll need to take them out before the procedure.

Bring a list of all the medicines and supplements you're taking. This includes over-the-counter medicine (medicine you buy without a prescription).

Where to go

Your procedure will take place at:

The Ophthalmology Suite in Memorial Hospital (MSK's main hospital)
425 East 67th Street (between First and York Avenues)
New York, NY 10065

Take the C elevators to the 3rd Floor and go to Suite A330.

What to expect when you arrive

A staff member will ask you to state and spell your name and date of birth many times. You'll also get an armband with your name and date of birth. This is for your safety. People with the same or a similar name as you may be having procedures on the same day.

Your ophthalmology team will check and take pictures of your eyes. If you need an injection, your healthcare provider will have you sign a consent form. A consent form is a form that says you agree to the procedure and understand the risks.

You'll get eye drops to dilate (make bigger) your pupil. Your pupil is the black part of your eye. These drops may blur your vision and make your eyes sensitive to light. It may be hard to read and focus on objects that are close to you.

Your ophthalmology team will bring you into the procedure room for your injection. Your procedure will take less than 5 minutes. It may take longer to get ready for your procedure.

In the procedure room

You'll breathe in anesthesia (A-nes-THEE-zhuh) through a mask. Once you're asleep, your ophthalmology team will examine your eye and give you the medicine. They'll wash your eye and eyelid with a cleaning solution.

Your healthcare provider will place a plastic drape (cover) with a cutout for your eye over your face. Only the eye you're getting treated will be showing. They may also place an eyelid holder on your eye to help keep your eye open during

the procedure.

Your healthcare provider will inject the medicine into your eye. When they remove the needle, they may use cryotherapy (freezing) to close the small hole at the injection site. The injection site is where the needle went into your skin.

After the injection, your healthcare provider will look into your eye using a bright light and a handheld lens. They'll clean your eye and eyelid with saline (sterile salt water).

After your intraocular injection

- The eye drops you got during your treatment may cause blurry vision. It may be hard to focus on objects close to you. This will get better in a few hours.
- You can eat and drink as usual.
- You can start wearing contact lenses 24 hours after your procedure.
- Try not to rub your eyes for 2 days after your treatment.

Side effects

- You may see a small amount of blood at the site of the injection. This will make the white part of your eye look red.
- Your eye may feel gritty or like you have sand in your eye.
- You may feel a slight burning feeling in your eye as the numbing medicine wears off.
- You may have some swelling under your eyelid.
- Mild (not bad) discomfort in the eye that was treated. Take acetaminophen (Tylenol®) as prescribed.

Your healthcare provider may prescribe eyedrops to help with your side effects. Your side effects should go away in about 1 to 3 days.

Keep a normal routine

Visiting family and friends and being around others can help you feel normal after treatment. Keep doing your normal activities, if you can.

Schedule follow-up visits

Schedule regular eye exams with your healthcare provider. This helps make sure that the treatment worked and lets them watch for any problems. Follow your healthcare provider's instructions for scheduling follow-up visits.

When to call your healthcare provider

Call your healthcare provider if you have:

- A fever of 100.4°F (38°C) or higher.
- Pain that doesn't get better after taking pain medicine.
- Large amounts of blood on your eye.
- Decreased vision or loss of vision.
- Sensitivity to light.
- Tearing in the eye that was treated.
- Visible swelling in the eye that was treated.
- Gritty or scratchy feeling in your eye that doesn't go away in 3 days.
- Nausea (feeling like you're going to throw up) or vomiting (throwing up).
- Other problems keeping down food or liquids, if you got anesthesia.

Contact information

If you have any questions or concerns, call MSK's retinoblastoma team at 212-639-7232. You can reach them Monday through Friday from 9 a.m. to 5 p.m. After 5 p.m., during the weekend, or on a holiday, call 212-639-2000 and ask for the pediatric fellow on call. You can also send your care team a message on MSK MyChart (MSK's patient portal).

If you do not have an MSK MyChart account, you can sign up at mskmychart.mskcc.org. You can also ask a member of your care team to send you an invitation.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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