



# Your guide to **EYLEA®**



**EYLEA is used  
to treat  
Central Retinal  
Vein Occlusion  
(CRVO)**





# WELCOME

## to your EYLEA® guide

Your doctor has prescribed EYLEA because you have been diagnosed with central retinal vein occlusion, or CRVO

This is a condition that is making it harder for you to see clearly. Treatments like EYLEA can help stop your eyesight from becoming worse, and may improve some of the symptoms you have.

This booklet also contains an audio CD with all of the information contained in this book.

Whether you read this guide or choose to listen to it on CD, it has been made to help answer any questions you may have so you can get the most out of your treatment.

### Your eye care clinic is:

Contact: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Within this book you will find:**

## **Information to help you understand CRVO**

- What is CRVO?
- What causes CRVO?
- Advice for living with CRVO

## **What to expect from your EYLEA® treatment**

- What is EYLEA?
- How will I take EYLEA?
- What if I have questions about EYLEA?

## **How to care for your eyes after your EYLEA treatment**

- What should I expect?
- When do I need to take EYLEA again?
- Does EYLEA have side effects?

There is also useful information about local support groups for CRVO and appointment reminders to help you keep track of your EYLEA treatment





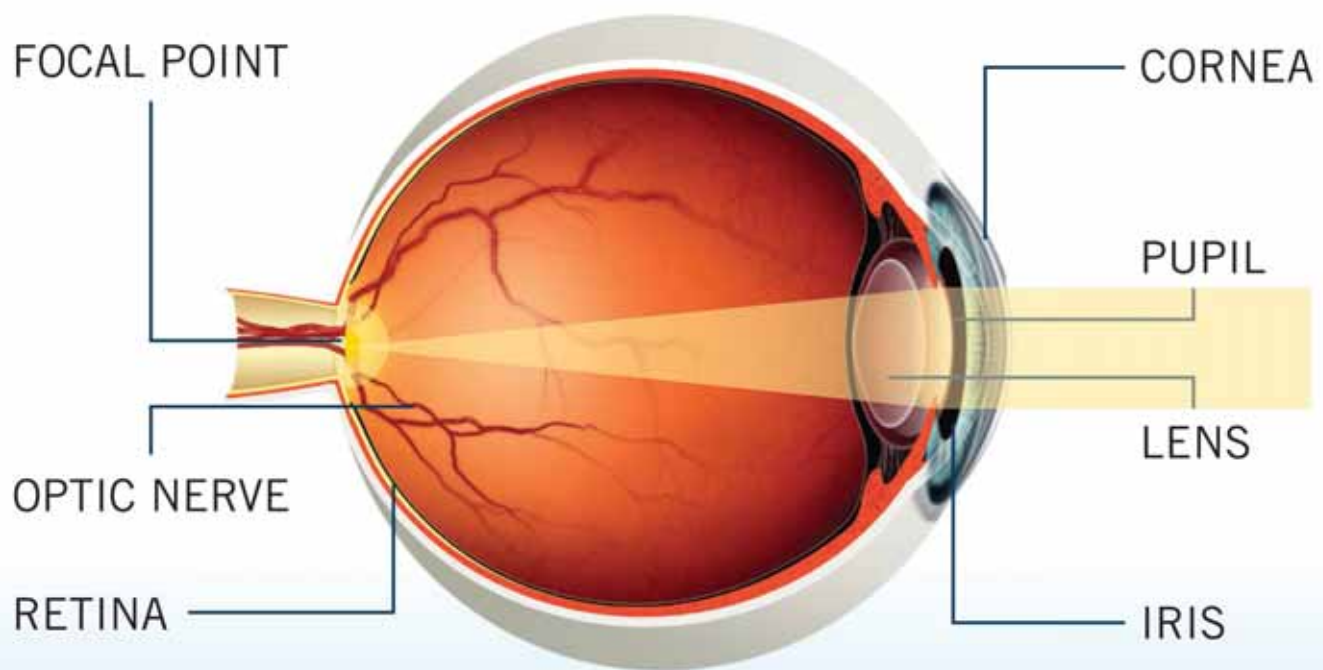


# WHAT is CRVO?

**Central retinal vein occlusion is a condition that damages your eyesight by blocking the flow of blood to and from the retina, in the back of your eye**

The retina is where all of the images you see are recorded – it acts like the film in a camera.

The blockage stops blood from flowing in and out of the retina which can damage your eyesight and eventually lead to blindness and a painful eye.





# WHAT causes CRVO?

**Central retinal vein occlusion can happen at any age, but is more common in people over 65 years**

In many people with CRVO, a specific cause can't be determined but it often happens as a consequence of other conditions like glaucoma, hypertension (high blood pressure) or diabetes.

Other things that can increase your risk of getting CRVO, or having it get worse, are 'lifestyle' factors including smoking and being overweight. Quitting smoking greatly lowers the risk of damage to your eyes as well as improving your general health. If you are overweight, losing weight and eating healthily can help protect your eyesight. Your general practitioner can help you with quitting smoking and losing weight.

The best things you can do to protect your eyesight are to follow your eye doctor's advice and to make sure you keep all of your scheduled appointments.







# How

## is CRVO treated?

**There are several treatment options for CRVO and they work in different ways**

Some of these treatments work by shrinking and sealing up these weak blood vessels to prevent them from becoming blocked. Other treatments focus on reducing swelling and managing pain.

Since no two people are alike, there is no one-size-fits-all solution.

**Your doctor will  
choose a treatment  
best suited for your  
individual needs**





# WHAT

## is EYLEA®?

**EYLEA is a type of treatment known as an anti-VEGF**

This is an abbreviation for anti-vascular endothelial growth factor, which is a description of how EYLEA works to protect your vision. EYLEA blocks a particular protein used to develop new blood vessels in your eye. By stopping this from happening, EYLEA can keep weak blood vessels from being made which in turn can help improve your eyesight or stop it from getting worse.

EYLEA is a solution (a liquid) that is injected into the eye. While it is understandable to worry about an injection, most people who have EYLEA treatment say that the injection is painless and it sounds worse than it really is.







# Who

## is EYLEA® for?

**EYLEA is for people who have been diagnosed with CRVO**

Before your EYLEA treatment starts, make sure to tell your doctor or nurse if you:

- Have an infection in or around your eye
- If you currently have redness in your eye or if there is any pain in your eye
- Think you may be allergic to iodine, any pain killers or any of the ingredients in EYLEA
- Have had any issues or problems with eye injections before
- Have glaucoma or a history of high pressure in your eye
- If you see, or have seen, flashes of light or 'floaters' in your vision
- Are taking any medications, with or without a prescription
- Are pregnant, planning to become pregnant or breastfeeding. There is no experience of using EYLEA in pregnant women. EYLEA should not be used during pregnancy. Discuss this with your doctor before treatment with EYLEA. Women of child-bearing potential should use effective contraception during their treatment and for at least three months after the last injection of EYLEA
- Had or will have eye surgery within 4 weeks before or after EYLEA treatment

## How can I get ready for my EYLEA® appointment?

Your doctor may ask you to take eye drops for a few days before your appointment. After your treatment, your vision may be blurry so you should not drive home. Plan to have a friend or family member take you to your appointment or arrange another way to get there and home again. On the day of your appointment, do not wear any makeup.

## What can I expect at my EYLEA appointment?

Your doctor or nurse will get you ready for your EYLEA treatment. These people are highly trained professionals with experience in treating CRVO. They understand that the treatment procedure may sound frightening and they will take extra care to make sure you are relaxed and comfortable.

You will be given eye drops which act as a local pain killer and an eyewash will be used to clean your eye and the skin around it. Your face will be covered by a special drape and your eye will be held open. The local pain killer will blur your vision so you will not see the needle.

An experienced doctor will give the injection into the white of your eye. Most people say the injection is painless and some say they feel a slight pressure. The whole procedure may feel a bit uncomfortable, but is over in a few minutes.



## What if I have concerns or questions?

If you have any concerns or questions, your doctor or nurse are the best people to speak to. They are very experienced and they know your individual situation so can provide you with the answers you need.

Don't worry about asking questions or voicing any concerns. Your doctor or nurse can give you answers and reassurance.

## What can I expect after my EYLEA® appointment?

Your doctor may give you some eye tests after your injection. This may include a puff of air that measures the pressure inside your eye. After your injection, your vision will be blurry so you should not plan to drive until after your vision returns to normal.

In the next few days you may get a bloodshot eye or see moving spots in your vision. Both of these should clear within a few days and if they don't, or if they get worse, you should contact your doctor.

Some people might feel a little bit of pain or discomfort in their eye after their injection. If this does not go away or gets worse, you should contact your doctor.







# WHEN

**do I need to come back  
for another appointment?**

Your doctor will arrange your next EYLEA® appointment with you. Your treatment schedule will be created to best meet your individual needs.

Remember, your doctor or nurse is always the best person to speak to if you have questions about your treatment.

Speak with your doctor before stopping your EYLEA treatment.

**When you get a new  
appointment, don't  
forget to record it on  
the back cover as  
a reminder**





# **D**OES EYLEA<sup>®</sup> have side effects?

**Just like any medicine, whether it is by prescription or over the counter, EYLEA has the potential to cause side effects. Not everyone who takes EYLEA will experience a side effect**

**The most common side effects are:**

- Bloodshot eye
- Eye pain
- Detachment of the gel-like substance inside the eye
- Moving spots in vision
- Increase in eye pressure

**Some side effects may be serious and include:**

- Infection inside the eye
- Clouding of the lens (cataract)

Contact your doctor as soon as possible if you experience any increased eye pain, if the redness gets worse, if your vision gets blurrier or you can't see as much, or if you become more sensitive to light.

For a full list of side effects, refer to your Patient Information Leaflet included with your patient brochure.

If you think you might have a side effect from your treatment, speak to your doctor.



# LIVING with CRVO

Being diagnosed with CRVO and experiencing problems with your eyesight can be an anxious time. It is normal to worry and feel uncertain about your future, but your diagnosis doesn't mean you can no longer live a full life. You can continue to enjoy family, friends and interests with some small changes.

## **Some helpful adjustments include:**

- Tell friends and family that you have CRVO and it affects your vision
- Use brighter lighting
- Organise your surroundings so everything has a place
- Carry and use flashlights and magnifying lenses when about
- Read large print books and newspapers and try audio books

For more helpful tips on living with CRVO, please see the information on support groups below.

## **Support for people with CRVO**

Wherever you are and however much you are affected by CRVO, it is important to remember that you are not alone. It may be difficult to understand your diagnosis or to come to terms with it. Speaking to experts can help answer questions you may have, while speaking to others who are in, or have been in, a similar situation to yourself can help you come to terms with your diagnosis.





# N<sub>O</sub>TES

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AUDIO CD

### My next appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

## SAFETY INFORMATION

Any suspected adverse drug reactions can be reported via the national Adverse Drug Reactions (ADRs) reporting system. Report forms can be downloaded from [www.medicinesauthority.gov.mt/adrportal](http://www.medicinesauthority.gov.mt/adrportal) and posted to: Medicines Authority  
Post-licensing Directorate,  
203, Level 3, Rue D'Argens,  
Gżira GŻR 1368, MALTA,  
or sent by email to [postlicensing.medicinesauthority@gov.mt](mailto:postlicensing.medicinesauthority@gov.mt).

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