

■ Dilating Eyedrops (continued)

Severe side effects from these eye drops are extremely rare. However, you should return to the polyclinic immediately if you experience sudden blurring of vision, severe eye pain, nausea or vomiting. If these problems occur after office hours, please proceed to the nearest Emergency Department.

■ CEC Benefits

- CECs are located in the heartlands, so that patients with eye problems will have less need to travel to the hospital for consultation
- Shorter waiting times for appointments and consultations

CEC is a new service brought to you by

- National Healthcare Group Eye Institute @ Tan Tock Seng Hospital (NHGEI@TTSH)
- National University Hospital (NUH)
- Singapore National Eye Centre (SNEC)

For more information or feedback , please email

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- National University Hospital (NUH): eye_surgery@nuhs.edu.sg
- Singapore National Eye Centre (SNEC): feedback@sneec.com.sg



All pictures shown are for illustration purposes only.

COMMUNITY EYE CLINICS (CEC)

Bringing quality eye care to your neighborhood

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Printed May 2018



Community Eye Clinics (CEC)

CECs are eye clinics conveniently located in selected Polyclinics and Family Medicine Clinics (FMC). This service is managed by optometrists and eye doctors from the various hospitals, working closely with the Polyclinic/FMC teams. CECs can diagnose, treat and monitor **patients with stable & non-complex eye problems**, so that these patients do not have to travel to the hospitals. CECs are also able to detect critical eye conditions, and help refer such patients to the hospitals.

CECs will focus on patient education and disease prevention.

Patients may be seen in CEC when they are referred from:

- 1) Polyclinic doctors and selected primary care partners
- 2) The Singapore Diabetic Retinopathy Programme (SiDRP)
- 3) Eye Departments in the various hospitals
- 4) Selected eye screening partners

Preparing for your visit to the CEC

What To Bring for Your Appointment

Identification

- **NRIC** or
- **Passport or Work Passes and Permit** (for foreigners)
- **CHAS / Pioneer Generation Card** (if applicable)

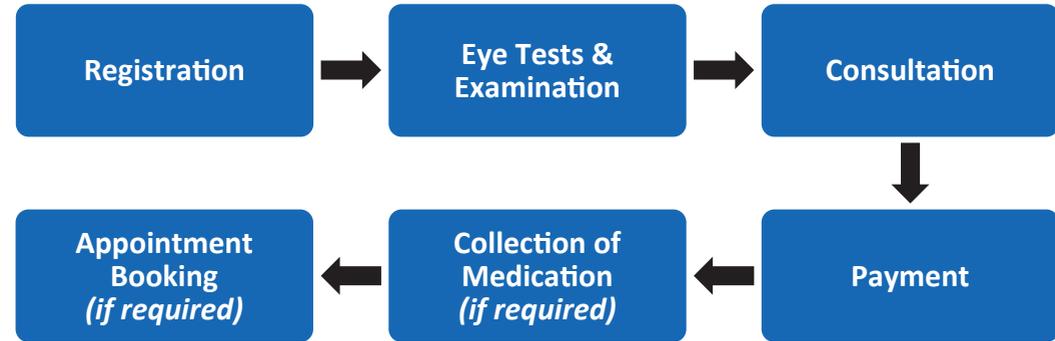
Medical

- **Your current medications**; you may also choose to write down the list of medications and bring it along with you
- Your **latest prescribed glasses** (if applicable)
- **A pair of dark glasses** if available (please refer to the "Dilating Eyedrops" section)

On the Day of Appointment

- Please come **15 minutes before** your appointment for registration.
- You are advised **not to drive on the day of your appointment**.

CEC Patient Journey



Note: Sequence of services may vary with clinic location.

Eye Tests & Examination

The whole examination process will take approximately 1 hour. This excludes the waiting time for the eye to be dilated, if that is necessary.

CEC patients will undergo some / all of the following:

- Slit Lamp Microscope Examination
- Photography of your eyes
- Refraction (Spectacle power)
- Visual Field Test
- Ocular Coherence Tomography eye scan
- Final diagnosis and treatment if needed



Dilating Eyedrops

You may be given eye drops to dilate (widen) your pupils and facilitate the examination. After the dilating drops, are applied it is natural from some people to experience the following :

- Stinging sensation (a very short while)
- Mild blurring of vision (4-6 hours)
- Glare / sensitivity to bright light (4-6 hours)

To reduce the above symptoms, you may wish to put on a **pair of dark glasses** when outdoors. You are reminded **not to drive** on the day of your appointment