

### 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](http://www.medicinesauthority.gov.mt) and posted to:  
The Medicines Authority  
Post-licensing Directorate,  
203, Levels 3, Rue d'Argens,  
Gzira GZR 1368, MALTA,  
or sent by email to [postlicensing.medicinesauthority@gov.mt](mailto:postlicensing.medicinesauthority@gov.mt)

OR

Alfred Gera & Sons Ltd,  
Triq il-Masgar,  
Qormi QRM 3217,  
MALTA,

or at: [pv@alfredgera.com](mailto:pv@alfredgera.com)

Tel: + 356 21446205



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# Your guide to EYLEA<sup>®</sup>



**EYLEA is used  
to treat  
Diabetic Macular  
Oedema  
(DME)**





# WELCOME

to your EYLEA<sup>®</sup> guide

**Your doctor has prescribed EYLEA because you have been diagnosed with diabetic macular oedema, or DME**

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:** \_\_\_\_\_



# NOTES

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# LIVING

## with DME

Being diagnosed with DME 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 DME 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

### Support for people with DME

Wherever you are and however much you are affected by DME, 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, and speaking to others who are in, or have been in, a similar situation to yourself can help you come to terms with your diagnosis.

### Within this book you will find:

#### Information to help you understand DME

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

#### 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?
- Are there side effects with EYLEA?

There is also a calendar to help you keep track of your EYLEA treatment





# WHAT

is DME?

Within the back of your eye, there is a network of tightly woven cells and blood vessels that form a barrier to control substances entering or leaving your retina. The retina is where all of the images you see are recorded - it acts like the film in a camera.

People with DME have a damaged barrier that allows fluids to leak through. This leakage causes swelling. The macula is the part of the retina responsible for central and fine vision. When the macula swells with fluid, central vision becomes blurry. Over time the swelling can create scars which damage the retina. Like scratches on a photograph, these scars make it harder for you to see all that you should.



# DOES EYLEA®

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
- Clouding of the lens (cataract)

Serious side effects related to the intraocular injection procedure include:

- Infection inside the eye
- Detachment of the gel-like substance inside the eye
- Detachment of the retina from the outer surface of the eye
- Increase in eye pressure
- 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.





# WHEN

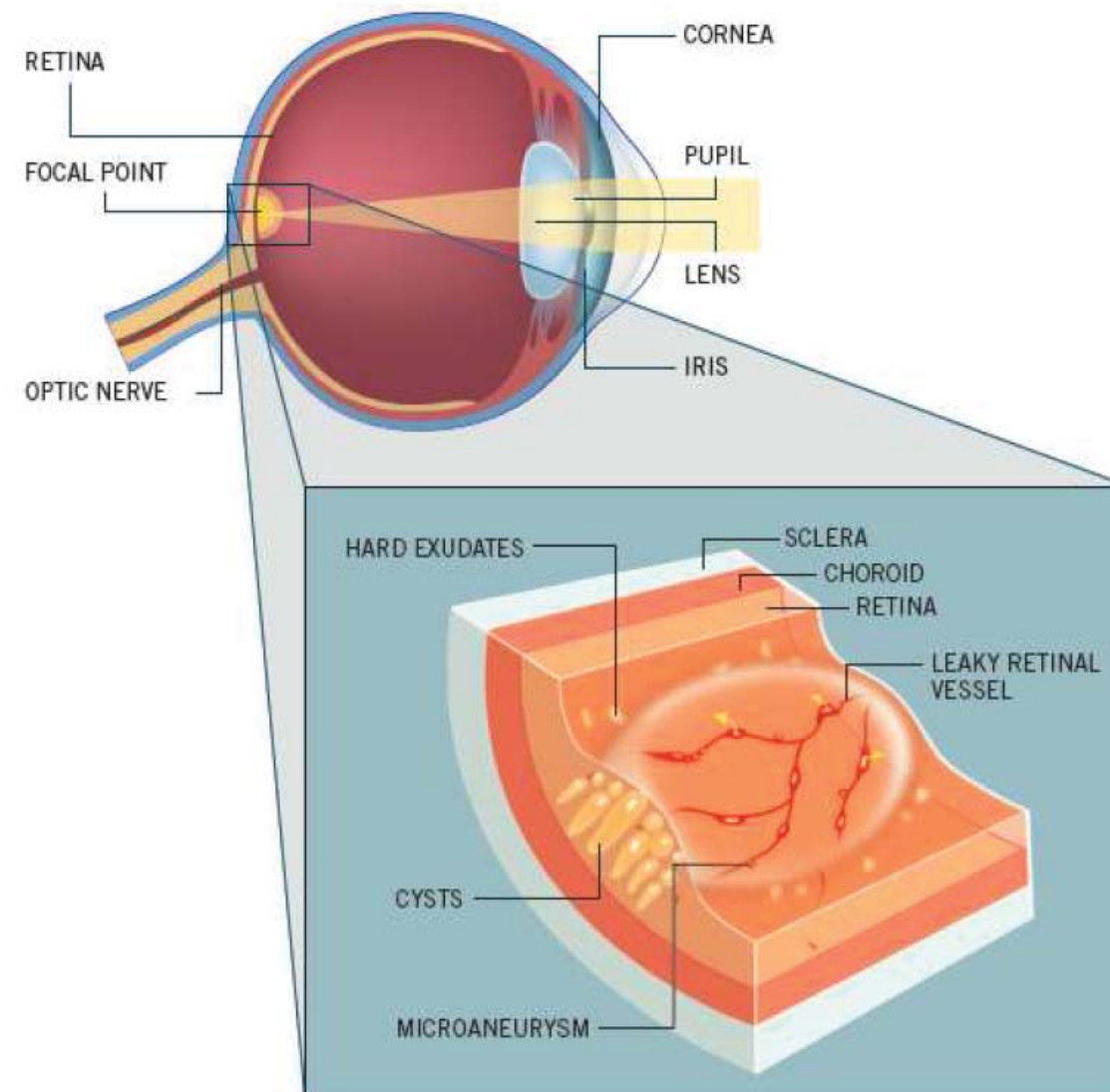
## do I need to come back for another appointment?

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 in the calendar on the back cover as a reminder**





# WHAT causes DME?

**DME is caused by long-term exposure to high blood sugar levels, known as hyperglycaemia. This is generally caused by diabetes that either wasn't diagnosed early or hasn't been consistently controlled.**

Other things that can increase your risk of worsening DME, 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.



## 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.





## 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 DME. They understand that the treatment procedure may sound concerning 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.



# How is DME treated?

## There are several treatment options for DME and they work in different ways

Generally, these treatments work by shrinking and sealing up the leaking blood vessels. These treatments can involve injections or laser surgery.

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 that creates leaky blood vessels. This helps reduce the swelling in the retina and protects your vision.

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 DME**

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