



Information for
patients and
carers

icare® HOME tonometer

Home monitoring of eye pressure

What is the icare® HOME device?

The icare® HOME device is a tonometer, which is a device for measuring the intraocular pressure, this is the pressure within the eye.

The icare® HOME has been designed for people to use themselves in the home environment.

Why do I need to use the icare® HOME device?

You have been loaned the icare® HOME device in order to enable the healthcare professional to monitor the pressure in your eyes, and to see if it varies at different times of the day. This will provide useful information and may assist them in deciding on any future treatment for you.

How does the icare® HOME work?

The icare® HOME device measures the pressure in your eye using a disposable probe which very gently touches the front of the eye (the cornea). It requires 6 measurements for each eye to get a calculation of the eye pressure.

The icare® HOME has sensors to recognise which eye it is measuring; it is important not to cover these with your fingers or hands when taking the measurements.

The device stores your eye pressure readings, so you do not have to write anything down. The device runs on batteries.

The healthcare professional in clinic will adjust the icare® HOME device so that the forehead and cheek supports are in the correct position for you, these settings will be written down and you will need to check that the device matches these settings before you use it.

When should I check my eye pressure with the icare® HOME?

Please check your eye pressure at these times (or as near as possible)

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Important points to remember when checking your eye pressure

- Do make sure that you do not tilt your head up or down when doing the measurements and keep looking straight ahead
- The tip of the probe needs to be 4-8mm away from the centre of the cornea of the eye
- You may need to alter the position of the forehead and cheek supports for the other eye – check what has been written down for you
- Do not use the icare® HOME if you have or develop a red or sore eye
- Avoid putting any pressure on your eye with your finger when using the device as this may affect the eye pressure reading
- Do not use the device if you are wearing contact lenses

Step-by-step guide to taking measurements



A video demonstrating use of the icare® HOME can be accessed here <https://www.lancsteachinghospitals.nhs.uk/ophthalmology-information-leaflets> or by scanning the QR code below:






- Wash and dry your hands before using the icare® HOME
- Set the positions for the forehead and cheek supports that your health professional has written down for you by turning the adjustment wheels, set the positions for the right eye first
- Press the power button for 3 seconds to turn on 
- Load light flashes this image 
- Remove the lid of the probe container and insert it into the device by letting it drop in from the container; take care not to touch the probe
- Press the measurement button  the probe will rapidly move back and forward; this holds the probe in place
- The green measure indicator  will flash to show that the probe is loaded correctly, and the device is ready to measure
- Look straight ahead and keep both eyes wide open

- Position the device in front of your right eye first (make sure you do not cover the eye sensors), with the supports touching your forehead and cheek; you may find it helpful to face a mirror so that you can check that you are keeping the device straight
- Make sure the probe base light is green; if it is red, check that your head is pointing straight ahead and not tilted up or down
- The position of the device is correct when the probe base light is green and you can see a symmetrical circle



- Press the measure button  to take the measurements, this can be done in 2 ways
 - 1) Press the measure button briefly 6 times to take 6 single measurements, you will hear a short beep after each measurement, keep going until you hear a long beep and the 'DONE' indicator lights up
 - 2) Press and hold down the measure button to take a series of 6 measurements, release the button when you hear a long beep and the 'DONE' indicator lights up
- Measure the left eye in the same way; you can use the same probe
- After measuring both eyes, turn the device off by pressing and holding the power button  until you hear 3 beeps, allow the probe to slide out, place it back in its plastic container and dispose of it in household waste

Troubleshooting

Problem	Solution
<p>Probe base light is solid red – device is not held straight</p>	<p>Make sure your head is straight and not tilted up or down, and the device is not tilted</p>
<p>Probe base light is flashing red, and you hear:</p> <p>2 beeps – device is not correctly aligned, or the probe hit your eyelid or eyelash</p> <p>3 slow beeps – device is too far from the eye</p> <p>5 fast beeps – device is too close to the eye, or the probe hit your eyelid or eye lash</p>	<p>Press the Measure button  to clear the error</p> <p>Adjust the forehead/cheek supports for correct distance if needed</p> <p>Make sure the probe is perpendicular to the centre of the eye</p> <p>Repeat the measurement</p>
<p>Probe base light is flashing red and REPEAT light  is flashing – either the eye recognition failed or there was too much variation between the measurements</p>	<p>Press the Measure button  to clear the error</p> <p>Make sure you complete the right eye measurements before measuring the left eye</p> <p>Make sure the eye recognition sensors or the side of your eye (at the temple) are not covered</p> <p>Repeat the measurement</p>
<p>Probe base light is flashing red and SERVICE light is flashing – the probe is dirty or damaged</p>	<p>Change the probe. If this does not fix the problem, contact the department for advice</p>

How do I clean the icare® HOME?

You do not need to clean the icare® HOME. It will be thoroughly cleaned when you return it to us.

When should I return the icare® HOME?

Please bring the device back to:

Lancashire Eye Centre Out-Patient Reception, level 2, Chorley and South Ribble District Hospital

On: Date: Time:

Contact details

Should you require further advice or information or encounter any problems using the icare® HOME please contact:

Ophthalmology telephone triage service:
01257 245346 Monday to Friday 9.00am to 4.30pm

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.glaucoma-association.com

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi."

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ریڑی اگر آپ کوہی معلومات سمجھنے کے برےل مدد یک ضرورت ہے تو ییچھیا یں ییہ ابی دست بو یسکت ہے براے مہر یان پوے یچھہی۔ معلومات

Arabic:

مطبوعه بأحر ف كبيرة و بلغات إذا كنت تريد مساعدة في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فبر هذه المعلومات

Department: Ophthalmology

Division: Surgery

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