

# Hydroxychloroquine (Plaquenil): Eye exam fax-back form

---

## Why do I need an eye exam?

An eye exam can check for eye problems even if your vision seems fine. If you take **hydroxychloroquine** [hahy-drok-si-KLOHR-uh-kwin] (**Plaquenil** [PLAK-wuh-nil]), you have a higher risk of developing an eye problem called **maculopathy** [MAK-yuh-LOP-a-thee]. Maculopathy is a rare, but serious, eye disease that causes:

- Blurred vision
- Abnormal color vision
- Difficulty adjusting to the darkness
- Dim vision
- Halos flickering or flashes of light

About 2 in 100 people who use hydroxychloroquine for up to 10 years are at risk of having maculopathy. The risk may rise to almost 20 in 100 people after 20 years of use. If your annual eye exam was normal, the risk of developing maculopathy within the next year may be much lower. Keeping your eyes healthy can delay or prevent serious eye problems. Both your primary care doctor and an eye specialist can help.

## What type of eye exam do I need?

Intermountain providers recommend that you have **Visual Field (VF) testing** and one of these tests:

- **Spectral Domain - Optical Coherence Tomography (SD-OCT)**
- **Multifocal electroretinogram (mf-ERG)**
- **Wide-Field Fundus Autofluorescence (FAF)**

## Where do I go for an eye exam?

You can see an **ophthalmologist** [op-thal-MOL-uh-jist], a doctor who specializes in diseases of the eye. Not all ophthalmology offices have the equipment to do the type of exam you need. Check with your ophthalmologist to see if the exam can be performed. Tell your doctor if you need a referral.

## How often do I need an eye exam?

Have your first exam when you begin taking hydroxychloroquine, then each year after 5 years of using the medicine. In some cases, your doctor may recommend that you have a yearly eye exam as soon as you begin taking the medicine. (Many insurance plans will pay for an eye exam once a year.)

**If you notice changes in your vision, talk with your doctor immediately.** Your doctor may want you to have an eye exam at that time. Signs your vision has changed may include:

- Blurred vision
- Floating spots
- Double vision

## What happens during the eye exam?

The ophthalmologist will put drops in your eyes. You'll look into a machine while the ophthalmologist takes pictures of the back of your eyes. Your ophthalmologist will compare the health of your eyes from year to year and look for changes.

## What else can I do to protect my eyes?

You can protect your eyes by controlling your diabetes, cholesterol, and blood pressure, and by not smoking.

# Eye Exam Fax-Back Report

Patient name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Hydroxychloroquine (Plaquenil) start date: \_\_\_\_\_

## Primary care physician name and contact information

Name: \_\_\_\_\_

Fax number: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

## To be completed by eye specialist:

After completing this form, please fax a copy to the patient's primary physician at the number above.

Date of examination: \_\_\_\_\_

**Eye specialist** (Name and contact information)

## Eye exam findings

10-2 Visual Field (VF) Test Result: \_\_\_\_\_

Please include result in one of the following fields:

Spectral Domain Optical Coherence Tomography (SD-OCT): \_\_\_\_\_

OR

Multifocal Electroretinogram (mERG): \_\_\_\_\_

OR

Wide-Field Fundus Autofluorescence (FAF): \_\_\_\_\_

Additional findings or treatment (Please describe in plain language for the patient):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。

© 2019 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns. More health information is available at [intermountainhealthcare.org](http://intermountainhealthcare.org). Patient and Provider Publications FS551-01/19 (Last reviewed -01/19) Also available in Spanish.