Management options for people with ocular hypertension

People with newly diagnosed ocular hypertension and an intraocular pressure (IOP) of 24 mmHg or more who have a risk of visual impairment within their lifetime

- Demonstrate correct eye drop installation technique and observe the person using the correct technique when eye drops are first prescribed
- Offer preservative-free eye drops to people who have an allergy to preservatives or people with clinically significant and symptomatic ocular surface disease but only if they are at high risk of conversion to chronic open angle glaucoma

Offer 360° selective laser trabeculoplasty (SLT) (excluding cases associated with pigment dispersion syndrome)
Healthcare professionals should discuss with the responsible consultant ophthalmologist the decision to offer 360° SLT

Offer a generic prostaglandin analogue (PGA)
if SLT is not suitable

Offer a generic PGA
if the person chooses not to have SLT

Offer a generic PGA
if the person is waiting for SLT and needs an interim treatment

360° SLT

Continue to monitor IOP

Offer generic PGA
if additional treatment is needed to reduce IOP

Ask people about adherence to treatment and eye drop instillation technique if their IOP has not been reduced sufficiently despite treatment with PGA

Offer a medicine from another therapeutic class (beta-blocker, carbonic anhydrase inhibitor or sympathomimetic) to people whose current treatment is not reducing IOP sufficiently

If IOP is still not reduced sufficiently with SLT or pharmacological treatment or both refer the person to a consultant ophthalmologist to discuss other options

Topical medicines from different therapeutic classes may be needed at the same time

If the person cannot tolerate their current treatment, offer:
- An alternative generic PGA
If that is not tolerated, offer:
- A beta blocker
If neither of these options is tolerated, offer:
- Non-generic PGA
- Carbonic anhydrase inhibitor
- Sympathomimetic
- Miotic or
- A combination of treatments

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This is a summary of the recommendations on treatment for people with ocular hypertension from NICE’s guideline on glaucoma. See the original guidance at www.nice.org.uk/guidance/NG81.