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| **Betadine Treatment for Viral Conjunctivitis Consent Form** |

**Name:**  **Exam Date:**

**Date of Birth:**

Condition and Proposed Treatment

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has evaluated you and diagnosed you with viral conjunctivitis (“pink eye”), which is inflammation of the white part of your eye (conjunctiva) due to infection by a variety of adenovirus, the same virus which causes the common cold. Typical symptoms include redness, pain, burning, tearing, blurred vision, and a sensation that something is in the eye. This is a self-limiting condition that will resolve without treatment within 21 days from onset of symptoms. Symptoms can worsen five or six days after onset. This condition is highly contagious for the first 12 days, so avoid touching eyes, shaking hands, and restrict work and school while eyes are red. Wash hands before and after touching eye and wash all towels and pillows.

An off-label in office treatment using diluted 5% betadine has been shown in studies to reduce the duration of symptoms and the contagious period. Treatment involves numbing the eye with two drops of topical anesthetic, followed by five drops of 5% betadine (5 drops of 10% betadine w/ 5 drops of refresh plus) in the affected eye. You will close your eyes and roll around for one minute. We then rinse your eye with sterile saline solution for five minutes, followed by one drop of Ketorolac (topical anti-inflammatory) and another drop of anesthetic.

# **Alternatives to Betadine Treatment**

Allow the infection run its natural course, using topical artificial tears hourly or more often as needed for comfort. Practice strict hand hygiene and limit contact with others to avoid spreading the infection.

# **Risks and Complications**

No procedure is entirely risk free. Adverse effects from betadine treatment may include:

* Irritation from the drops and the saline rinse to include pain, burning sensation, watery eye(s). These symptoms may last a few days after treatment. Use prescribed artificial tears every hour for 3 days.
* Blurring of vision from the eye drops and saline rinse.
  + - * Rare instances of allergic reaction to iodine including skin rash, nausea, flushing, fever. In severe cases, anaphylactic shock including difficulty breathing and swelling of the tongue and throat can occur. Treatment would include injection with epinephrine to stop the reaction.

By signing below I acknowledge that I have read and understand the above, and have had my questions answered by the physician to my satisfaction. I consent to the betadine treatment on the

(PLEASE CIRCLE)

RIGHT: Conjunctiva LEFT: Conjunctiva

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| --- | --- | --- |
|  |  |  |
| Patient's Signature (or person authorized to sign for patient) |  | Date |
|  |  |  |
| Witness |  | Date |

**I have been offered a copy of this consent form (patient initials) \_\_\_\_\_\_\_\_**