



Belfast Health and  
Social Care Trust

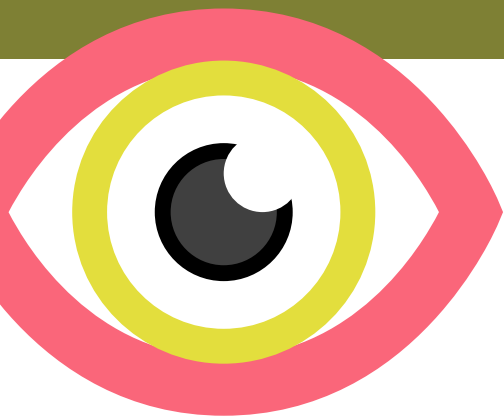
caring supporting improving together



Department of Ophthalmology BHSCCT

## **Patient information leaflet for patients with a Choroidal Naevus**





**This leaflet has been produced to help explain your eye condition. The leaflet also contains important information for follow-up of your condition after discharge. If after reading it you have any concerns or require further explanation, please discuss this with a member of the healthcare team.**

### **What is a Choroidal Naevus?**

A choroidal naevus (freckle or mole) is similar to a naevus in other parts of the body such as on the skin. This is a very common finding and is found in about 5 out of every 100 people. A naevus in the eye tends to be found during a routine eye examination either at the hospital or at the optometrists and usually does not cause any symptoms.

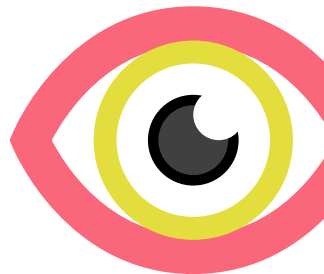
## **Do I need treatment?**

Generally a naevus is stable and no treatment is needed however there is a very small chance of the naevus changing and becoming a melanoma (cancerous). The risk of the naevus changing is estimated to be about 1 in 9,000 per year. Therefore, the risk of melanoma is very small but follow-up is needed.

If a naevus looks like it might be likely to change, the patient will be followed up at the Hospital Eye Clinic. If the naevus shows no signs of being suspicious for change or has been shown to be stable, review at the Hospital Eye Clinic is not required. Follow-up can be carried out by your optometrist.

## **What should I do now?**

As your naevus is stable and shows no signs of changing, follow-up at the eye clinic is not necessary. You are being discharged from the eye clinic today.



It is very important however that you have an eye examination every year with your optometrist to make sure that there is no change in the naevus. In addition if you notice any symptoms such as flashing lights, black spots and shadows or change in vision you should report these changes to your GP or optometrist immediately.

Your naevus is shown on the photograph that you have been given. Please keep this photograph in a safe place and bring it with you when you visit your optometrist for your yearly examination.