

# Patient Information for Autologous Serum Tears

## General

### **What are autologous serum tears (AS Tears)?**

Autologous serum tears, are made from your blood serum to treat dry eye syndrome, keratitis, Sjogren's syndrome and other eye disorders. You may have tried Artificial Tears or other lubricating eye drops in the past without relief. The blood you had drawn will be separated into red blood cells, serum, and other blood components. The serum as well as growth factors play a vital role in this treatment to rebuild the surface of the eye.

### **Are autologous serum tears covered by insurance?**

Autologous serum tears are made specifically for you to carefully meet the specifications indicated by your physician's prescription. Typically, insurance companies do not typically cover this specialized medication. We recommend contacting your insurance company to get a better understanding of your options.

You may still be eligible to use your health savings account (HSA) or flexible spending account (FSA) to pay for Granger Tears

### **How much do autologous serum tears cost?**

The cost is based on the prescription written by your physician. Generally, you can expect higher costs if you require more frequent application of autologous serum tears.

### **Can someone else use my eye drops?**

No, the prescription is formulated specifically for you. The drops should not be used by anyone else and should be stored away from children or anyone unable to read/understand the labelled contents.

## Blood Draw

### **How much blood is drawn?**

The amount of blood drawn depends on your prescription. Typically, up to 5 tubes of blood (9 mL each) is drawn.

**Are there any important things I need to do to prepare for my blood draw?**

Yes, you will need to drink plenty of water at least 24 hours before your appointment. Being well hydrated will make the blood draw go much smoother. Avoid beverages with high amounts of caffeine, alcohol, and foods high in fat content to ensure high quality serum is obtained.

**Do I need to go to the lab each time I need a refill?**

Yes. We will need fresh serum each time we compound your eye drops.

**Storage and Expiration**

**How long will it take for me to get my autologous serum tears?**

We want you to begin your treatment as soon as possible so you can feel better. You can expect your AS tears in 48-72 hours from your blood draw.

**Do AS Tears expire?**

Yes. Once a bottle is opened, it is good for up to 7 days.

**How should I store my autologous serum tears?**

All dropper bottles in the amber colored bag should be placed into the freezer immediately. This protects the eye drops and preserves them until you need a new bottle. The bottle outside of the bag should be placed into the refrigerator and is ready to use. Only move one dropper to the refrigerator at a time. Let bottles defrost for three to four hours before using. Avoid using a microwave or any other heat source to speed up the defrosting as this can negatively impact your eye drops.

**Why is it important to keep my autologous serum tears cold?**

These eye drops are produced with blood serum and can easily support bacterial growth if not stored in a refrigerator or kept frozen.

**Can I travel with my autologous serum tears?**

Yes, but they need to remain cold to stay fresh and effective.