



Discharge Information for patients, relatives, and carers

Conjunctivitis

Conjunctivitis is inflammation of the white part of the eye (conjunctiva). It is not serious but can be contagious. It is often caused by an infection (bacterial or viral). If the infection spreads to the other eye, use the drops in both eyes.

You should:

- ✓ Use your own flannel, soap, and towel.
- ✓ Wash your hands before and after instilling your eye drops.
- ✓ If the eye is sticky bathe with cool water which has been boiled and a clean cotton pad.

You should not:

- ✗ Use the eye drops on anyone else.
- ✗ Wear contact lenses

The infection should resolve within one to two weeks. If your conjunctivitis does not improve, please contact your GP for further advice.

Allergic Conjunctivitis

Allergic conjunctivitis occurs when the body's own immune system over-reacts, causing inflammation to the conjunctiva.

There are several causes:

1. Pollen- most common during summer (hay fever season).
2. Pets or animals.
3. Cosmetics such as eye make-up.

Sometimes the cause is not always clear.

You should:

- ✓ Avoid the allergy.
- ✓ Apply a clean flannel soaked in cold water over the eyes to reduce itching and irritation.
- ✓ Use eye drops as directed.

You should not:

- ✗ Wear contact lenses.

Seek medical advice from your GP if:

1. Your vision becomes affected.
2. Blisters or spots develop on the skin next to the eye.
3. The eye becomes painful.
4. The symptoms change or worsen.
5. The symptoms do not clear up in one to two weeks.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online:
[https://111.nhs.uk/ When to use NHS 111 - NHS \(www.nhs.uk\)](https://111.nhs.uk/When%20to%20use%20NHS%20111%20-%20NHS%20(www.nhs.uk))

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read, or audio, please ask the staff who are looking after you. For an Electronic version, please scan the QR code below.



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