

## Patient Information

### Conjunctivitis

#### Eye Unit

#### What is conjunctivitis?

It is an inflammation of the white part of the eye. You may experience the following:-

- redness
- a gritty feeling
- discharge

#### What causes conjunctivitis?

It commonly results from an infection or allergy.

#### Bacterial / Viral conjunctivitis

Infective conjunctivitis may be due to a virus or bacteria and is often associated with colds and sore throats.

#### Allergic conjunctivitis

This is most commonly seen in the spring or summer and associated with hay fever.

#### What treatment is needed?

This will depend on the type of conjunctivitis you have.

- **Bacterial conjunctivitis**

This responds very quickly to antibiotic drops and should resolve in four to five days.

- **Viral conjunctivitis**

There are no drops or ointments to cure viral conjunctivitis. The infection will usually resolve on its own but may take several weeks. Antibiotic drops are given to protect the eye from other bacterial infections.

- **Allergic conjunctivitis**

This usually responds readily to anti-allergy drops but may require more long-term treatment.

### **Is infective conjunctivitis contagious?**

Yes, and it can be passed on to another person very easily by touch and it is therefore very important to follow these instructions.

1. Follow the instructions on your drops.
2. Do not allow anyone else to use the drops.
3. Do not share pillows, towels or flannels while affected.
4. Wash your hands at regular intervals to avoid spreading the infection to others.
5. Discourage children from rubbing or touching the eyes to avoid contamination.

### **Where can I obtain further advice?**

If you require further information or advice please contact:-

Emergency Eye Clinic on:- Tel. No:- 01633 – 238856  
Between 8.30am – 5.30 pm

### **PERSONAL NOTES**

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