

Patient information

Conjunctivitis

Ophthalmology Department - Aintree Hospital

What is Conjunctivitis?

Conjunctivitis is the inflammation of the conjunctiva, the transparent membrane that covers the white of your eye and inside your eyelids.



Conjunctivitis

ADAM.

Are there different types of conjunctivitis?

There are two common types;

- Viral (the most common type).
- Bacterial.

What are the symptoms?

- Your eye may be sore, gritty and red.
- You may notice your eye feels sticky or notice a discharge.
- Your eye may feel itchy.
- Your eye may water a lot.

What does the treatment involve?

There is **no treatment** for viral conjunctivitis. It usually clears up on its own.

A swab may be taken from your eye to identify the cause of the condition.

If the cause is bacterial you will be prescribed antibiotic eye drops or ointment.

The doctor may also give you antibiotic drops to prevent a secondary bacterial infection.

What should I do?

If your eyes are sticky you may need to bathe them.

It is important to prevent the spread of infection to your other eye by washing your hands before and after cleaning your eye or putting in your drops.



Conjunctivitis is infectious so you should make sure you use your own towel and use paper tissues.

Avoid touching your eye and then touching other people or objects.

You may be more comfortable wearing sunglasses.

Do not cover your eye with a patch as it can encourage the bacteria or virus to get worse.

It is important that you finish any course of antibiotic treatment prescribed, **even** if the infection appears to have improved within a few days.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

You can get further information locally from Customer Services on:

Telephone: 0151 529 3287

Text phone: 0151 529 2523

Answer phone 0151 529 2400

You can also contact the Ophthalmology Clinic on:

Telephone: 0151 529 0185, 0186 or 0180

Monday to Friday - 08.30 till 5pm

Websites:

For support and information, you can trust:
www.aboutmyhealth.org

The Royal National Institute for the Blind:
www.rnib.org.uk

Author: Ophthalmology Department
Review date: April 2026

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی له لایمن تراستهوه پهسهند کراون، نهگمر داوا بکریت له فورماتیکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترۆنیکی هیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.