

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

**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

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