

Sub-conjunctival haemorrhage bleeding in your eye

This information sheet has been given to you to help answer some of the questions you may have about sub-conjunctival haemorrhage. If you have any further questions, please speak to a doctor or nurse caring for you.

What is a sub-conjunctival haemorrhage?

The conjunctiva is a clear membrane covering the white of the eye (sclera) and the inside of the eyelids. A sub-conjunctival haemorrhage is bleeding from the tiny blood vessels under the conjunctiva.

What causes a sub-conjunctival haemorrhage?

The most common causes are;

- coughing, sneezing, straining and nose blowing
- a direct injury to your eye
- high blood pressure.

What are the signs and symptoms?

You will usually notice a small, red spot of blood on the white of your eye. This usually happens suddenly and is not painful. It will not affect your eyesight.

How is it diagnosed?

The ophthalmologist (specialist eye doctor) or nurse practitioner will examine your eye thoroughly using a microscope. They may also put some eye drops into your eye to dilate (enlarge) your pupil. This allows the doctor or nurse to see the back of your eye. The eye drops will blur your vision temporarily for around two to three hours. **You must not drive if this affects your vision.** We may also check your blood pressure and test for diabetes.

What treatments are available?

Although the condition looks frightening it is never serious. Treatment is not necessary and the haemorrhage will clear up on its own. It is similar to a bruise and the blood should be re-absorbed by your body within one to two weeks. You can carry on with your usual activities while the haemorrhage is healing. However, you should tell the doctor/nurse if you;

- think you may have injured your eye, for example if something could have got into your eye, like a small piece of metal
- have noticed any other unexplained bleeding or bruising elsewhere on your body;
- have not had your blood pressure checked recently
- have a blood condition such as lymphoma or leukaemia or are on chemotherapy for cancer.

Contact us

If your symptoms get worse or the haemorrhage does not clear up within two weeks, please call the nurse practitioner in eye casualty on 020 7188 4336 between 9am and 4pm, Monday to Friday. The Eye Rapid Access Service is open from 8.30am to 4pm, Monday to Friday.

If you are worried about your symptoms outside of office hours, go to the main Accident and Emergency Department at St Thomas' Hospital where there is an eye doctor on-call for urgent problems.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748, Monday to Friday, 9am to 5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day. **t:** 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing. **w:** www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

Leaflet number: 2222/VER2

Date published: September 2018

Review date: September 2021

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A list of sources is available on request