

Oxford Radcliffe Hospitals **NHS**

NHS Trust

Oxford Eye Hospital

Sub-conjunctival Haemorrhage

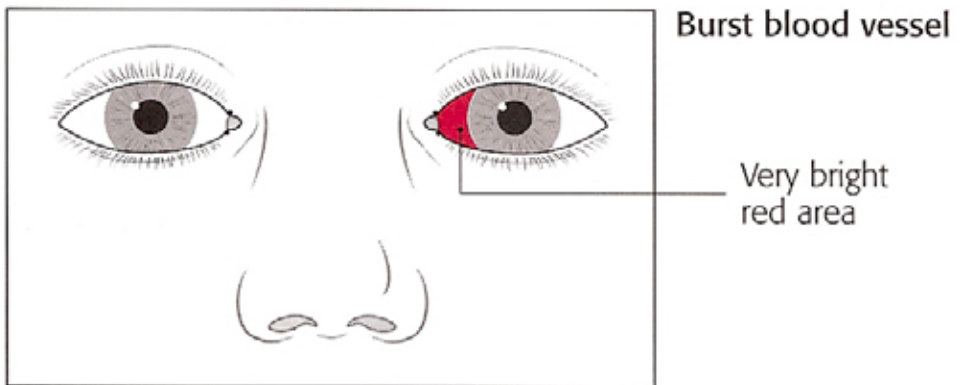
Information for patients



You have been diagnosed as having a sub-conjunctival haemorrhage (known as a sub-conj haemorrhage).

What is Sub-conjunctival Haemorrhage

The white part of the eye (known as the sclera) is covered by a transparent membrane called the conjunctiva. The conjunctiva has a rich blood supply. A sub-conj haemorrhage occurs when these tiny blood vessels leak, causing a small amount of blood to gather between the sclera and conjunctiva. Although it looks very serious, it is not. It will not interfere with your sight.



Symptoms

The eye will look bloodshot and you may have a feeling of 'tightness' in the affected eye.

The causes of sub-conjunctival haemorrhage

Practically all sub-conj haemorrhages occur for no apparent reason. It does not mean you have an illness or eye condition. It may be caused by:

1. Coughing, knocking your eye, or rubbing it extremely hard
2. Diabetes or high blood pressure may make you slightly more likely to get a sub-conj haemorrhage
3. Certain medicines (e.g. aspirin or warfarin)

What happens in the outpatient clinic

Apart from an eye examination, we will also check your blood pressure and give you a routine test for diabetes. Generally, patients with a sub conj haemorrhage do not need to be seen in the Eye Hospital clinic. A blood pressure or blood glucose check can be undertaken via your GP if this is considered necessary.

Treatment

A sub-conjunctival haemorrhage does not require treatment. The bloodshot appearance should disappear in 7 to 14 days.

How to contact us

If you have any questions concerning your eye condition or treatment, please do not hesitate to contact the eye nurses answerphone on:

01865 231099

One of the nurses will call you back.

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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