

## INFORMATION FOR PATIENTS

### Conjunctivitis (bacterial and viral)

#### Emergency Department

##### King's Mill Hospital

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

##### Newark Hospital

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

#### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

#### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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Conjunctivitis is usually an infection or inflammation of the outer layer of the eye (or the conjunctiva). It can occur if you have a cold or have been near someone with a cold. Conjunctivitis is not usually serious, but it can affect both eyes and can be passed from person to person.

Conjunctivitis is sometimes referred to as 'pink' or 'red' eye.

**Bacterial** conjunctivitis normally causes a yellow or green sticky discharge throughout the day. Eyes will feel itchy, and the eyelids may become swollen.

**Viral conjunctivitis** normally causes a watery discharge during the day and sticky discharge in the morning. The eyelids may become very swollen.

Bacterial conjunctivitis can be treated with antibiotic drops or ointment, as this may help to speed up the process to clear the infection within around five to seven days. However, it should get better without any drops or ointment.

For viral conjunctivitis there is currently no effective treatment, but artificial tears (visit your local pharmacist for advice), using a cold compress (such as clean cotton wool balls soaked in cold water), and a pain killer such as ibuprofen may make the eyes feel more comfortable – check with your pharmacist on whether you are able to take this and always follow dosage instructions. Antibiotic drops or ointment will not help with viral conjunctivitis.

**To prevent spread to others please use your own face cloth, towels, handkerchief, etc.**

### **When to seek advice?**

Visit your GP or go to your nearest Emergency Department if your sight becomes:

- More blurred over time, changes in your vision, like wavy lines or flashing.
- If the pain and redness are getting a lot worse.
- The light starts to hurt your eyes (photophobia).
- Intense redness in one or both eyes.

