



Oxford University Hospitals  
NHS Foundation Trust

# Sub-conjunctival Haemorrhage

Information for patients

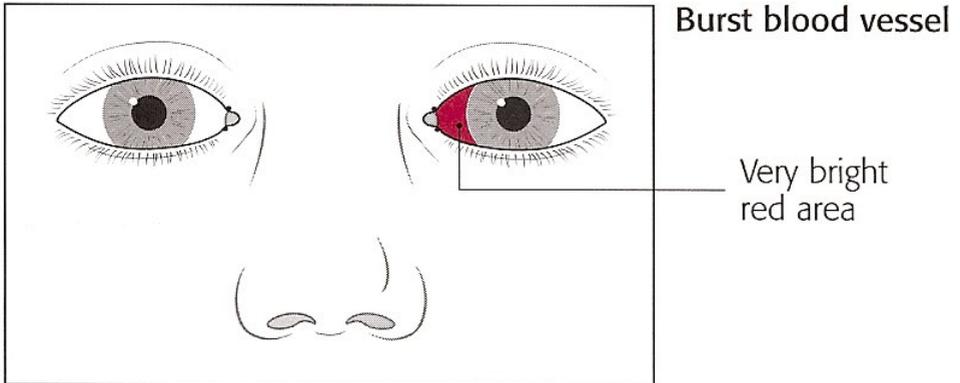


Oxford Eye Hospital

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)

## Treatment

Sub conj usually is painless but sometimes can cause a dry spot on the front window of the eye (the cornea) which should respond to ointment (e.g. xailin night or equivalent) which you can buy over the counter in a pharmacy.

## How to contact us

If you have any questions concerning your eye condition or treatment, please call our Emergency Eye Department Telephone Triage line on:

**01865234567** option 1 followed by option 1.

You will speak to a clinical member of staff who will be able to give advice or arrange a review if clinically required.

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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