



Sub-conjunctival haemorrhage

Information for patients from Ophthalmology

You have been diagnosed with sub-conjunctival haemorrhage, sometimes known as a 'subconj haemorrhage' for short.

What is sub-conjunctival haemorrhage?

The front, white part of the eye, known as the sclera, is covered by a transparent membrane called conjunctiva, which has a rich blood supply. A sub-conjunctival haemorrhage happens when these tiny blood vessels leak, causing a small amount of blood to gather between the sclera and conjunctiva.

Because these membranes are transparent this condition looks very serious, but it is not. It will not interfere with your sight.

This is the same process which causes bruising, which is a small bleed in-between layers of the skin.

What are the symptoms?

Your eye will look very bloodshot; this can vary from a small area to most of the white of your eye. There may also be a feeling of tightness in the affected eye.

What causes a sub-conjunctival haemorrhage?

Practically all sub-conjunctival haemorrhages happen for no known reason. In most cases it does not mean that you have an illness or an eye condition. Sometimes it is caused by:

- coughing, knocking your eye, or rubbing it hard
- eye surgery
- diabetes or high blood pressure
- some medication such as aspirin or warfarin.



What is the treatment?

Apart from an eye examination, we may also check your blood pressure and give you a routine test for diabetes.

The condition itself does not need any treatment. The bloodshot appearance usually goes in seven to 14 days, however, in severe cases it may take a little longer.

This leaflet has been produced with and for patients

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Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

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