

Episcleritis of the eye

Department of Ophthalmology

Information for Patients

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What is episcleritis?

Episcleritis is a condition where the outer layer over the white of the eye (the episclera) becomes inflamed. It usually affects only 1 eye.

What is the cause?

The cause is not known in most cases.

Some people who have other inflammatory conditions like arthritis are more likely to get episcleritis than others.

If episcleritis is severe and recurrent this may need to be investigated with blood tests.

What are the signs and symptoms?

These may include:

- Redness
- Pain
- Irritation
- Grittiness
- Tenderness in the affected eye

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk



What is the treatment for episcleritis?

- In mild cases artificial tear drops work very well. These help to keep the eye more comfortable until the episcleritis clears up. You can buy these over the counter at any chemist.
- In most cases the eye will settle without any further treatment, usually in 2 to 3 weeks.
- At times you may need to be treated with steroidal or nonsteroidal anti-inflammatory drops or even tablets. Episcleritis can recur but is not a sight threatening condition.

Contact details

If you have any of these problems, contact the Eye Casualty Department on 0116 258 6273 or come to Eye Casualty. This is in the Windsor Eye Clinic, Level 1, Windsor Building, Leicester Royal Infirmary.

Eye Casualty opening times:

Monday to Friday, 8.30am to 4.30pm

Saturday & Sunday, 8.30am to 12.30pm

If your problem happens outside of these hours and you feel that it is urgent, you should come to the main Adult Emergency Department at Leicester Royal Infirmary.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk