

**Remember...**

- always wash your hands before and after touching your eye/s
- always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved
- always have regular eye checks with your Optometrist
- always protect your eyes with goggles or glasses when carrying out DIY or using any power equipment
- if you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- never use anyone else's medication (this includes eye-drops)

# Iritis (Anterior Uveitis)



## The Eye Unit

Information and advice for patients  
about Iritis (Anterior Uveitis)

### Department opening times:




Monday to Friday: **8am-6pm**

Weekends and bank holidays: **8.30am-6pm**




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## What is Iritis?

Iritis is an inflammation of the iris or coloured part of the eye.

## What causes Iritis?

- There are several types of Iritis, for most types there is no known cause
- It can be associated with other medical conditions such as arthritis or ankylosing spondylitis
- Has been known to occur following stressful or emotional situations such as bereavement
- Other types of Iritis can occur following injury to the eye or after eye operations such as cataract surgery

## What are the symptoms?

- Red, aching eye
- Blurry vision
- Light sensitivity
- Pain when looking into the distance and then looking close up

## What is the treatment for Iritis?

Eyedrops to enlarge (dilate) your pupil which prevents the swollen iris sticking to the other parts of your eye. This will be carried out in the Acute Referral Clinic, possibly with the aid of heat treatment to help absorb the eye drops.

Once your pupil has been dilated you will be given drops to use at home to keep the pupil dilated until the Iritis improves. These dilating eyedrops do blur your vision and make reading difficult, however this will wear off once you stop using the drops.

You will also need to use a steroid eyedrop to reduce inflammation inside your eye. The number of times per day will depend on the severity of the condition and will be decided by the doctor or nurse practitioner. These steroid drops must be reduced slowly, otherwise the Iritis can flare up again.

In severe cases you may need an injection or to be admitted to hospital for a few days.

## Will I have to return for a check up?

Yes, you will need to return for at least one follow up appointment if this is the first time you have had Iritis. The condition usually takes two to three weeks to resolve but eyedrops must be continued as per instructions.

## Is the Iritis likely to recur?

Most people have a single attack of Iritis but the condition can recur weeks or years later.

## What should I do if I think it has recurred?

You should ring your nearest eye hospital as soon as possible because, if caught in the early stages, it will clear up more quickly with treatment.

If you have any problems or questions please do not hesitate to ask any member of the medical team or nursing staff caring for you

For further information and advice please contact:

**Emergency Helpline: 0300 019 4181**

**Mon-Sat: 8am-6pm**

**Sunday: 8:30am-2pm**

**and bank holidays: 8:30am-6pm**