

Iritis (anterior uveitis)

Eye Clinic
Tel: 01271 314181

Other formats

If you need this information in another format such as audio CD, Braille, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is iritis (anterior uveitis)?

Iritis (anterior uveitis) is an inflammation of the coloured part of your eye called the iris.

What causes iritis?

The precise causes of iritis are often difficult to identify. A small number of people who suffer from iritis have other inflammatory disorders of the body. If you have more than one episode of iritis, the doctor might ask you to have a blood test. In many people, no other related inflammatory conditions are identified.

What are the symptoms?

The symptoms you may experience include;

- Pain, often an aching feeling
- Redness
- Sensitivity to light
- Blurred vision
- Excessive watering

How is it treated?

The treatment is usually in the form of eye drops to use during the day. In addition, ointment may be prescribed at night. Steroid drops and ointment are used to reduce the inflammation. Your steroid drops will be prescribed frequently initially, and then gradually reduced over a period of time as the inflammation in your eye settles. You may expect to use your steroid drops for at least four or five weeks.

A dilating drop is used to enlarge the pupil; this will prevent the inflamed iris reacting to light and will make your eye feel more comfortable. These drops also prevent the iris sticking to the lens in your eye.

What are the effects of using my eyedrops?

Dilating drops will cause your vision to become more blurred and make you more sensitive to light. Wearing sunglasses will help ease your discomfort to bright light. It is advised that you **DO NOT** drive whilst using dilating eyedrops.

It is important that you follow your steroid eyedrop regime carefully, even if you think your eye feels better. **Stopping your steroid drops too soon or suddenly may cause the inflammation in your eye to flare up or re-occur.**

What is the expected outcome?

Iritis may re-occur in the future, though it is not possible to predict how often or when. If you develop similar symptoms with a red eye in the future, you should contact your family doctor or ring the eye clinic if you are a current patient.

Further information

If you have any questions or concerns please ask any member of the medical or nursing team or contact the Eye Clinic, Monday to Thursday 9am to 5pm, Friday 9am to 1pm.

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PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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