A subconjunctival haemorrhage is a bleeding underneath the conjunctiva, the transparent layer which lies over the white of the eye, called the sclera. This bleeding is caused by the leaking of a blood vessel in the conjunctiva.

**Signs and symptoms**
The haemorrhage usually appears suddenly as a red patch or spot on the white of the eye and may be flat or occasionally slightly raised above the surface of the eye. It is usually painless and does not affect your eyesight, but it can sometimes cause an ache or discomfort in your eye. Sometimes, you might not notice it until somebody draws your attention to it.

**Causes**
Subconjunctival haemorrhages are very common because the blood vessels in the conjunctiva are very fragile and can easily bleed a little. In most cases, there is no specific cause but the following are associated with the condition: strenuous activities (like carrying heavy shopping bags or lifting heavy things), coughing and sneezing, vomiting, high blood pressure, taking blood-thinning medications such as aspirin or warfarin. Other causes include injury to the eye, rubbing the eye forcefully, or it can happen following an eye operation.

**What will happen at hospital?**
The doctor or nurse practitioner will check your vision, examine your eye with a slit lamp, and check your blood pressure if necessary.

**Treatment**
This condition usually does not require any treatment and will settle by itself within a week or two. If your eye is uncomfortable, occasionally lubricating eye drops can be used.

**If you have repeated subconjunctival haemorrhages, you should inform your GP.**

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Revision number: 2
Approved: September 2014
Review date: September 2015
Moorfields Direct advice line
Phone: 020 7566 2345
Monday to Friday, 9am to 4.30pm,
for information and advice on eye
conditions and treatments from
experienced ophthalmic-trained nurses.

Patient advice and liaison service
(PALS)
Phone: 020 7566 2324 or 020 7566 2325
Email: pals@moorfields.nhs.uk
Moorfields’ PALS team provides
confidential advice and support to help
you sort out any concerns you may have
about the care we provide, guiding you
through the different services available at
Moorfields. The PALS team can also
advise you on how to make a complaint.

Your right to treatment within 18 weeks
Under the NHS constitution, all patients
have the right to start their consultant-led
treatment within 18 weeks of being
referred by their GP. Moorfields is
committed to fulfilling this right, but if you
feel that we have failed to do so, please
contact our patient advice and liaison
service (PALS) who will be able to advise
you further – see above for contact
details. For more information about your
rights under the NHS constitution, please
visit www.nhs.uk/choiceinthenhs.