

**Patient
Information**

Subconjunctival haemorrhage

Introduction

This leaflet gives you information about a condition called subconjunctival haemorrhage which is often described as blood shot.

What is a subconjunctival haemorrhage?

This is a transparent covering the white part of your eye.

The conjunctiva has many blood vessels and sometimes one of these can bleed causing a collection of blood under its surface. This small bleed can look alarming; however, the condition on its own is not serious.

What might cause a subconjunctival haemorrhage?

We often do not know what has caused the bleed but below are some of the more common reasons:

- Rubbing your eye
- Coughing or vomiting
- High blood pressure
- Injury to your eye
- Eye surgery
- Taking medication which make you more likely to bruise, such as warfarin or aspirin
- Blood disorders

Treatment

It is not unusual for people only to realise they have a subconjunctival haemorrhage when they see it in the mirror. It is rarely painful but may make your eye feel a bit gritty.

Treatment is rarely required and the colour will gradually fade after a couple of weeks.

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Review due

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Patient Information

If you have raised blood pressure or you take medication which affects your blood clotting, you will need to see your GP for further monitoring.

You should seek medical advice if:

- you have had a significant injury to your eye.
- your eye is painful.
- you cannot see the edge of the red area.
- your vision is affected.
- you have experienced other unusual or unexplained bleeding or bruising.

Contact information

If you have any concerns, please contact your GP or call NHS 111 for advice.

NHS 111

Tel: 111

Further information

NHS Choices

Website: www.nhs.uk/conditions/red-eye

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85

<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>