

**Patient
Information**

Subconjunctival haemorrhage

Introduction

You have been given this leaflet to provide you with information about a condition called subconjunctival haemorrhage (blood under the conjunctival).

What is a subconjunctival haemorrhage?

The conjunctiva is a transparent covering over 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 very scary, and may make all of the white of your eye appear bright red. Usually there is no obvious cause or symptoms. This bleed is harmless.

What might cause a subconjunctival haemorrhage?

Often we do not know what might have caused this to happen but sometimes it can be linked to one of the following:

- Excessive rubbing of your eye
- Coughing or vomiting excessively
- High blood pressure
- Injury to your eye
- After eye surgery
- Taking medication which make you more likely to bruise, such as warfarin or aspirin
- Blood disorders

Treatment

Usually the first people realise they have a subconjunctival haemorrhage is when they see it in the mirror. It is very rarely painful but may make the eye feel a bit gritty.

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The condition does not usually require treatment and the colour will gradually fade over 2 weeks.

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

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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