



A NEW guide to differentiate minor eye conditions

CONDITION		INFECTIVE CONJUNCTIVITIS (BACTERIAL & VIRAL)	INFECTIVE CONJUNCTIVITIS (BACTERIAL & VIRAL)	ALLERGIC CONJUNCTIVITIS	Irritant Conjunctivitis			DRYNESS OF THE EYE	DRYNESS OF THE EYE
Common name		Pink eye	Pink eye	Hay Fever	CONJUNCTIVAL HYPERAEMIA ¹	SIMPLE ACUTE CONJUNCTIVITIS ¹	FOREIGN BODY TRAPPED ON THE EYE ²	Dry Eyes	Dry Eyes
SYMPTOMS	What it looks like ³								
	General eye appearance	Conjunctiva looks pink Eye lashes look clumped & crusty	Conjunctiva looks pink Eye lashes look clumped & crusty	Conjunctiva looks pink Eyelids swollen / puffy Conjunctiva could look puffy	Blood vessels in conjunctiva very prominent	Eye may look normal (or slightly red)	Eye may look normal (or slightly red)	Eye may look normal (or slightly red)	
	Eye discharge	Bacterial: Sticky gunky discharge Viral: Watery discharge	Bacterial: Sticky gunky discharge Viral: Watery discharge	Clear watery discharge	Eyes may or may not be watery	Eyes may or may not be watery	Eyes likely to be watery – increased tear production	No discharge	
	One or both eyes	May start in one eye and spread to the other	May start in one eye and spread to the other	Normally in both eyes (unless caused by local allergen or irritant)	Normally in both eyes	Normally in both eyes	Likely to be in only one eye	Normally in both eyes	
SIGNS	What it feels like	Irritated or gritty eyes (no pain)	Irritated or gritty eyes (no pain)	Itching, often intense (no pain)	Tight or gritty eyes (no pain)	Sore or gritty eyes (no pain)	General discomfort ie. scratchy or gritty eye. Customer may blink excessively (no pain)	Dry, gritty or stinging	
	Vision	Normal. "Smearing" due to discharge may be common on waking	Normal. "Smearing" due to discharge may be common on waking	Normal	Normal	Normal	Normal	Normal	
CAUSES	Who's likely to suffer/ What's likely to cause it	<ul style="list-style-type: none"> •Children (especially under 10 years old) •Older adults •Contact lens wearers⁴ •Contact with a similarly affected person 	<ul style="list-style-type: none"> •Children (especially under 10 years old) •Older adults •Contact lens wearers⁴ •Contact with a similarly affected person 	<ul style="list-style-type: none"> •Hay fever sufferers (ie. pollen) •Allergy sufferers (eg. animal hair) •Asthma, eczema or rhinitis sufferers •Contact allergy with chemical/eye drops 	<ul style="list-style-type: none"> •Swimming (ie. chlorine) •Smoky / polluted air •Lack of sleep •Eye strain 	<ul style="list-style-type: none"> •Lack of sleep •Eye strain (e.g. computer use) •Smoky / polluted air 	<ul style="list-style-type: none"> •Dust, grit, sand trapped between the eyelid and eyeball <p>If you suspect a foreign body is embedded in the eye, refer to an eye specialist / hospital immediately</p>	<ul style="list-style-type: none"> •A dry environment (eg. air conditioning & central heating) •Prolonged staring at computer screens •Wearing contact lenses •Getting older - tear production reduces with age •Pollution such as exhaust fumes •Hormones - pregnancy and the menopause can both trigger dry eyes •Medicines - Dry eyes can be a side effect of, or worsened by some medications (e.g. the pill, beta blockers, anti-histamines, diuretics) 	
		TREATMENT	What to recommend	OPTREX INFECTED EYES EYE DROPS (chloramphenicol) 	OPTREX INFECTED EYES EYE OINTMENT (chloramphenicol) 	OPTREX ALLERGY EYES EYE DROPS (sodium cromoglicate) 	OPTREX RED EYES EYE DROPS (naphazoline hydrochloride and hamamelis virginiana) 	OPTREX SORE EYES EYE DROPS (hamamelis virginiana) 	OPTREX EYE WASH (hamamelis virginiana)
TREATMENT	Product claims	Nothing is more effective at treating acute bacterial conjunctivitis	Nothing is more effective at treating acute bacterial conjunctivitis	Soothes and PREVENTS itchy, Allergy eyes	Relieves red bloodshot eyes fast	Soothes and cleanses to provide active relief for sore, irritated and tired eyes	Washes, soothes and cleanses tired, irritated and uncomfortable eyes	NB Suitable for use whilst wearing contact lenses Fast and lasting relief for dry eyes Sodium hyaluronate can remain in the eye for up to 7X longer than hypromellose or polyvinyl alcohol Optrex Dry Eye Drops Singles are dry eye drops in convenient single dose vials, ideal for pockets and bags 	

Customers with any of the following symptoms may be suffering more serious conditions, and should be referred to a doctor:

- Recent trauma to the eye or surrounding area
 - Vision is affected (e.g. loss of sight, reduced vision, blurred vision or halos around lights)
 - Photophobia is present (i.e. sensitivity to light)
 - Sharp/significant pain in the eye
 - Eye inflammation associated with a rash on the scalp or face
 - There is cloudiness of the cornea
 - The pupil looks unusual (i.e. torn, irregular, dilated or non-reactive to light)
 - Foreign body embedded in the eye
 - Copious discharge re-accumulates after being wiped away
 - If you are unsure
- When referring to a doctor, ensure the patient clearly states they have been referred by a pharmacist

Product Information

OPTREX INFECTED EYES EYE DROPS	OPTREX INFECTED EYES EYE OINTMENT	OPTREX ALLERGY EYES EYE DROPS	OPTREX RED EYES EYE DROPS	OPTREX SORE EYES EYE DROPS	OPTREX EYE WASH WITH EYE BATH	OPTREX DRY EYE DROPS	OPTREX DRY EYE DROPS SINGLES
<p>Eye drop containing chloramphenicol 0.5% w/v.</p> <p>Indications: Treatment of acute bacterial conjunctivitis.</p> <p>Dosage: Adults, children aged 2 years and over and the elderly: One drop instilled into the infected eye every 2 hours for the first 48 hours and 4 hourly thereafter. To be used during waking hours only. The course of treatment is 5 days. Treatment should continue for 5 days even if symptoms improve.</p> <p>Contraindications: Hypersensitivity to any of the ingredients. Persons who have experienced myelosuppression during previous exposure to chloramphenicol. Patients with a family history of blood dyscrasias.</p> <p>Warnings and Precautions: A doctor should be consulted if symptoms do not improve within 48 hours or at any time if symptoms worsen. Allergy to any of the ingredients. Discard any remaining eye drops after the five day course of treatment</p> <p>Undesirable effects: Transient irritation and stinging may occur. Hypersensitivity reactions and bone marrows problems.</p> <p>Legal Classification: P.</p> <p>Licence Holder: Optrex Limited, Nottingham NG2 3AA.</p> <p>Licence Number: PL 00062/0051.</p> <p>MRRP: £4.79.</p> <p>Date of preparation: March 2006.</p>	<p>Eye drop containing chloramphenicol 1.0% w/v.</p> <p>Indications: Treatment of acute bacterial conjunctivitis.</p> <p>Dosage: The recommended dose is a small amount of ointment (~ 1cm) to be applied to the affected eye(s): If just the ointment is being used, apply every 6 hours for the first 48 hours, and then every 12 hours. The course of treatment is 5 days. If the drops are being used during the day and the ointment at night, apply ointment at night, before going to bed. The course of treatment is 5 days.</p> <p>Contraindications: Hypersensitivity to any of the ingredients. Persons who have experienced myelosuppression during previous exposure to chloramphenicol. Patients with a family history of blood dyscrasias.</p> <p>Warnings and Precautions: A doctor should be consulted if symptoms do not improve within 48 hours or at any time if symptoms worsen. Allergy to any of the ingredients. Discard any remaining eye ointment after the five day course of treatment</p> <p>Undesirable effects: Transient irritation and stinging may occur. Hypersensitivity reactions and bone marrows problems.</p> <p>Legal Classification: P.</p> <p>Licence Holder: Optrex Limited, Nottingham NG2 3AA.</p> <p>Licence Number: PL 00062/0052.</p> <p>MRRP: £5.29.</p> <p>Date of preparation: March 2007.</p>	<p>Eye drop containing sodium cromoglicate 2.0% w/v.</p> <p>Indications: For the relief and treatment of seasonal allergic conjunctivitis.</p> <p>Dosage: One or two drops in each eye four times a day or as indicated by the doctor.</p> <p>Contraindications: Hypersensitivity to sodium cromoglicate, benzalkonium chloride or disodium edetate.</p> <p>Precautions: Discard any remaining contents four weeks after opening the bottle. As with other ophthalmic solutions containing benzalkonium chloride, soft contact lenses should not be worn during the treatment period.</p> <p>Undesirable effects: Transient stinging and burning may occur after instillation, other symptoms of local irritation have been reported rarely.</p> <p>Legal Classification: P.</p> <p>Licence Holder: Tubilux Pharma SpA, Pomezia, Italy.</p> <p>Licence Number: PL 17918/0005.</p> <p>MRRP: £5.29.</p> <p>Date of preparation: March 2007.</p>	<p>Eye drop containing Hamamelis Water BPC 12.5% v/v, Naphazoline hydrochloride Ph Eur 0.01% w/v.</p> <p>Indications: For temporary relief of redness of the eye due to minor eye irritations.</p> <p>Dosage: Adults and children over 12 years and the elderly: Gently squeeze one to two drops into the corner of each eye. No more than four times daily. Children under 12 years: Not recommended.</p> <p>Contraindications: Hypersensitivity to any of the ingredients. Persons suffering from glaucoma, serious eye diseases or who have had previous eye surgery.</p> <p>Precautions: Not to be used by contact lens wearers whilst wearing lenses. If you are being treated for high blood pressure, depression, heart disease, diabetes or increased thyroid activity consult your doctor before using the drops. Discard any remaining eye drops 28 days after opening the container. Continued use of this product may increase redness of the eye. If you experience eye pain, changes in vision or continued redness of the eye, or if the condition worsens or persists for more than 24 hours consult a doctor. If you have any eye disease, suffer from glaucoma or have had eye surgery, do not use this product except under the advice and supervision of a doctor. If the solution changes colour or becomes cloudy do not use.</p> <p>Undesirable effects: Transient irritation and stinging may occur. Following long term use a rebound secondary hyperaemia may occur.</p> <p>Legal Classification: P.</p> <p>Licence Holder: Optrex Limited, Nottingham NG2 3AA.</p> <p>Licence Number: PL 00062/0024.</p> <p>MRRP: £3.86.</p> <p>Date of preparation: March 2006.</p>	<p>Eye drops containing Distilled Witch Hazel BPC 13% v/v</p> <p>Indications: For the relief of minor eye irritations caused by dusty or smoky atmospheres, driving or close work.</p> <p>Dosage: Adults and children and the elderly: Gently squeeze one or two drops into each eye.</p> <p>Contraindications: Hypersensitivity to any of the ingredients.</p> <p>Precautions: For external use only. Not to be used whilst wearing or shortly before inserting hydrophilic (soft) contact lenses. Discard any eye drops remaining 28 days after opening the container.</p> <p>Undesirable effects: Occasional hypersensitivity reactions.</p> <p>Legal Classification: P.</p> <p>Licence Holder: Optrex Limited, Nottingham NG2 3AA.</p> <p>Licence Number: PL 00062/5003R.</p> <p>MRRP: 10ml £3.65, 18ml £4.48.</p> <p>Date of preparation: March 2006.</p>	<p>Eye wash containing hamamelis virginiana</p> <p>Indications: For the relief of gritty or scratchy eyes caused by dusty or smoky atmospheres.</p> <p>Dosage: Gently pour Wash into the eye bath until ¹/₃ full. Tilt head forwards and place eye bath over eye and open eye so the Wash flows freely over it. Repeat for other eye.</p> <p>Contraindications: Hypersensitivity to any of the ingredients.</p> <p>Precautions: Do not use whilst, or just before wearing soft contact lenses. Do not return used Wash to the bottle. Discard 3 months after first opening.</p> <p>Undesirable effects: Occasional hypersensitivity reactions.</p> <p>Legal Classification: Medical device.</p> <p>MRRP: 110ml £4.17, 300ml £5.09.</p>	<p>Eye drop containing sodium hyaluronate 0.15%.</p> <p>Indications: For the relief of dry eyes caused by environmental factors.</p> <p>Dosage: Adults and children. Gently squeeze one or two drops into each eye.</p> <p>Contraindications: Allergic to any of the ingredients.</p> <p>Precautions: For external use only. Discard any eye drops remaining 28 days after opening the container.</p> <p>Undesirable effects: Occasional hypersensitivity reactions.</p> <p>Legal Classification: Unlicensed.</p> <p>MRRP: 10ml £4.29.</p> <p>This is not a medicine.</p>	<p>Eye drop containing sodium hyaluronate 0.15%.</p> <p>Indications: For the relief of dry eyes caused by environmental factors.</p> <p>Dosage: Adults and children. Gently squeeze one or two drops into each eye.</p> <p>Contraindications: Allergic to any of the ingredients.</p> <p>Precautions: Store below 25C, keep out of reach and sight of children, protect from direct sunlight. Do not: Touch the eyelid or eye surface with the tip of the vial, use if the single vials are damaged, re-use an opened vial.</p> <p>Undesirable effects: Occasional hypersensitivity reactions.</p> <p>Legal Classification: Unlicensed.</p> <p>MRRP: 10 vials £4.29.</p> <p>This is not a medicine.</p>

1. Information from: Miller S H, Parsons Diseases of the Eye, Eighteenth Edition, Churchill Livingstone. 2. If it is suspected that a foreign body remains embedded in the eye, the customer should be immediately referred to see a doctor or hospital. 3. Images are intended as a visual aid only. Accurate diagnosis requires questioning the customer about symptoms suffered. 4. Contact lens wearers should be referred to a doctor or contact lens practitioner.