



Find your nearest participating optometry practice (opticians) and their contact telephone number online by visiting:

www.bradfordloc.org.uk/mecs-for-patients/



Call your local optometry practice to book an appointment.



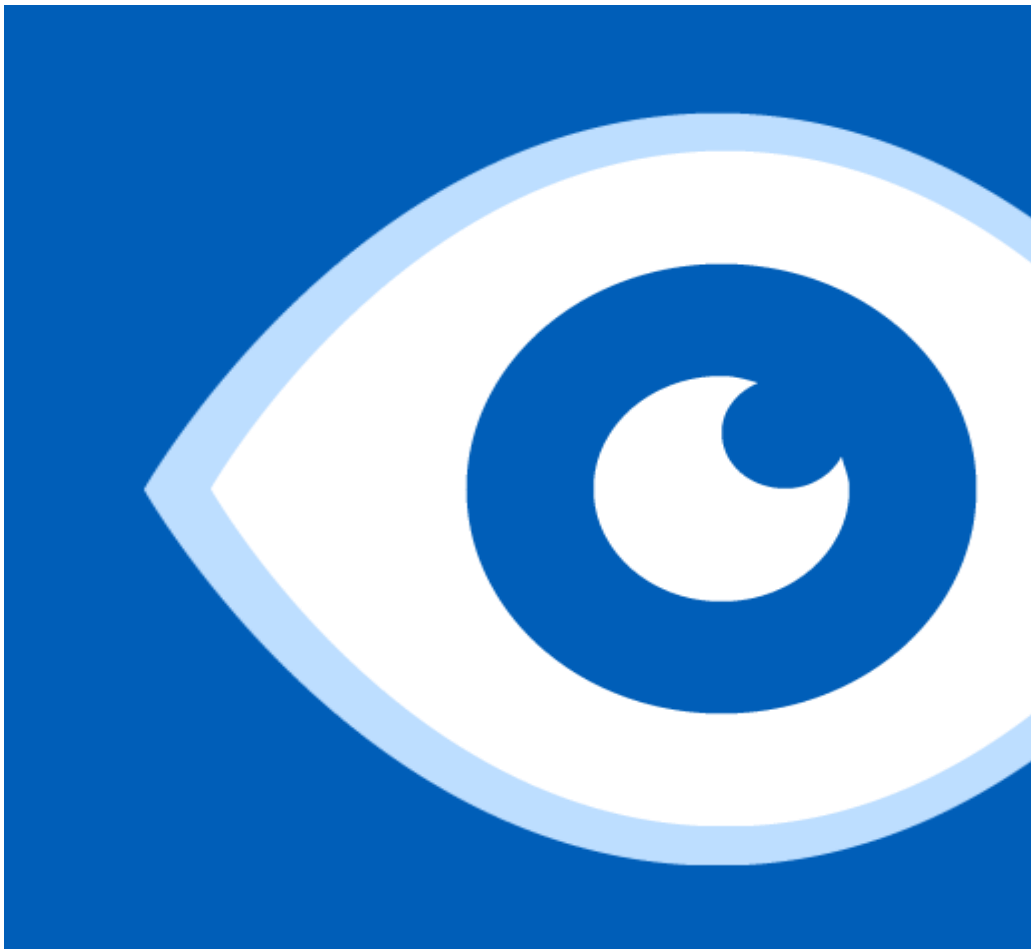
Don't forget to take your glasses and a list of any existing medications you may be taking.

Your optometrist may need to put drops in your eyes to take a closer look.

You may not be able to drive for a few hours.

Free local help for people with minor eye problems

A guide to the Minor Eye Conditions Service (MECS)



What is the Minor Eye Conditions Service (MECS)?

The Minor Eye Conditions Service (MECS) can help you if you have developed a new or very recent minor eye problem.

A minor eye problem could be:

- having a red eye or eyelids
- dry eye, or gritty and uncomfortable eyes
- irritation and inflammation of the eyes
- significant sticky discharge from the eye or watery eyes
- recently occurring flashes or floaters
- ingrowing eyelashes (also known as trichiasis)
- recent and sudden blurred vision/loss of vision
- having a foreign body in your eye that needs removing
- needing an emergency contact lens removal (this does not include the fitting service your provider should already offer)
- lid lumps and bumps, chalazion and sty.

The service does not help with major eye conditions that are being regularly monitored by your optometrist or hospital eye service, for example, cataracts, diabetic retinopathy or glaucoma.

This service does not provide sight tests.

Who is the service for?

The service is available to everyone registered with a GP practice across the Bradford district and Craven, including children and young people under the age of 16.

People under the age of 16 must be accompanied to their appointments by a responsible adult.

Where can I go for an appointment?

The service is provided by registered optometry practices (opticians) and you can find contact details for your nearest practice by visiting: www.bradfordloc.org.uk/mecs-for-patients/.

Appointments are usually available during normal working hours but some practices offer appointments at weekends.

Not all opticians will have an optometrist available every day, but if they can't help they will be able to find you an appointment nearby.

How can I book an appointment?

Once you have found a local practice that is convenient for you, please call to book an appointment.

You will be asked some questions about why you're calling to assess how quickly you need to be seen. Appointments for urgent issues are usually available within 24 hours and for non-urgent issues it may be in the next few days.

What happens at an appointment?

The optometrist will examine your eyes and provide help and advice.

If your condition is more serious, you may be offered an urgent appointment at a hospital eye clinic. Your optometrist will also be able to book routine appointments at a hospital eye clinic for you too.

You could be asked to book an appointment with your GP practice if your issue is related to your general health. You will need to contact your GP practice to do this.

Important information before attending your appointment

The optometrist may put drop into your eyes to enlarge your pupils in order to get a better view inside your eyes. You should not drive until the effects of these drops have worn off. This may take a few hours.

Please take a list of your current medication with you to your appointment. If you wear glasses, please take these with you too.