

Boots Stratford	31-32 Lower Ground Floor, The Arcade, Westfield E20 1EH	020 8221 2495
Forest Gate Eye Clinic	47 Woodford Road, E7 0DJ	020 8181 9171
MM Beg	13 Plashet Grove, E6 1AD	020 8472 8028
Spec Store	32 Barking Road, Canning Town, E16 1EQ	020 7476 4745
Specsavers, Becton	Sainsbury's, 1 Claps Gate Lane, E6 6JF	020 8470 0800
Specsavers, East Ham	43 High Street North, East Ham, E6 2JD	020 8470 0800
Specsavers, Stratford	85 Stratford Centre, Stratford, E15 1XQ	020 8221 1113
Vision Academy	73 Plashet Road, E13 0QA	020 8586 7132

Minor Eye Problems?



If you have a recent problem with your eyes – such as sore eyes, red eyes or visual disturbance – you can be assessed and treated by our local Minor Eye Conditions Service.

This is a free NHS service available from a number of local opticians. See inside for more information of what conditions are covered and how to book an appointment.

What is a Minor Eye Conditions Service (MECS)?

Conditions that can be seen under the service include:

- Red eye or eyelids
- Dry eye, or gritty and uncomfortable eyes
- Irritation and inflammation of the eye
- Significant recent sticky discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Ingrowing eyelashes
- Recent and sudden loss of vision
- Foreign body in the eye

Please note, this is not a sight test

Also, if you have a major eye condition that is being regularly monitored by your optometrist or hospital eye service, this will not be covered by this service; for example, cataracts, diabetic retinopathy or glaucoma.

Where should I go?

Registered optometry practices (opticians) offering the service are listed on the back of this leaflet. An appointment will normally be required, so telephone first. Appointments are available during normal working hours and some practices offer appointment at weekends. Not all practices have an optometrist available every day, but if they don't, they will be able to find you an alternative appointment nearby.

Who is this service for?

If you are registered with a Newham GP and are ten years or older you can use this NHS funded service.

Children under 16 years must be accompanied at their appointment by an adult.

How do I book an appointment with the service?

To make an appointment, call one of the opticians on the back of this leaflet. You will be asked some questions about your symptoms in order to assess how quickly you need to be seen by the service, which will be within 24 hours in urgent cases and within a few days for routine appointments.

Please take your glasses and a list of your current medication with you to the appointment. The optometrist may put drops in 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, which may take a few hours.

If your condition is more serious, the optometrist will book you an urgent appointment at a hospital eye clinic. If you need a routine appointment with a hospital, the optometrist will organise this for you.

You may also be advised to make an appointment with your GP if your eye condition is relation to your general health.

