

What should I take with me?

- A list of your current medication
- If you wear glasses, please take them with you



What happens next?

- If your condition is more serious, the optician will book you an urgent appointment at a hospital eye clinic
- If you need a routine appointment with a hospital, the optician will make a referral for you
- If your eye condition is related to your general health, you may be advised to make an appointment with your GP
- If you need medication, you may be advised to contact your local pharmacist

Looking after your eyes

Is there anything I can do to improve my eye health?

A healthy lifestyle is important for your eye health, and can reduce the risk of common eye diseases such as glaucoma, cataract, age related macular degeneration and diabetic retinopathy.

Eating a healthy diet, doing regular exercise and stopping smoking are all ways of reducing the risk of eye disease in the future.

For more advice contact your local optician, pharmacist or GP.

For more information or to find your nearest PEARS optician:

Shropshire

www.shropshireccg.nhs.uk

Call: 01743 277500

Telford and Wrekin

www.telfordccg.nhs.uk

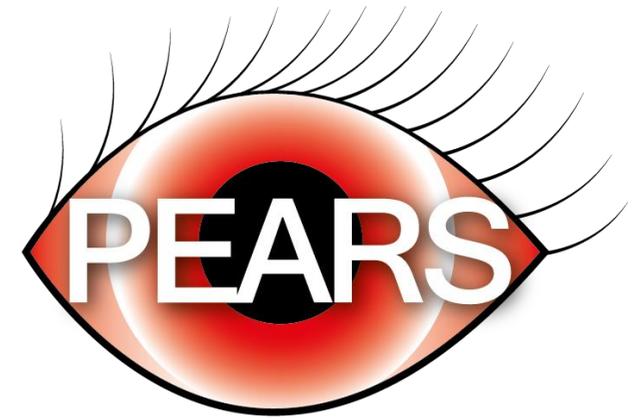
Call: 01952 580300

If you are worried and need advice out of hours, contact Shropdoc on 0333 222 66 55

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NHS
Shropshire
Clinical Commissioning Group

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Telford and Wrekin
Clinical Commissioning Group



Primary Eye-care Assessment and Referral Service

FREE assessment for eye conditions at a local optician



What is the Primary Eye-care Assessment and Referral Service (PEARS)?

If you have had a recent eye condition this service can assess and treat you.

PEARS is a free service available from accredited opticians in Shropshire, Telford and Wrekin.

When to use PEARS

Recent eye conditions that can be treated by the service include:

- Red eye or eyelids
- Dry eye, gritty and uncomfortable eyes
- Irritation and inflammation of the eye
- Significant recent sticky discharge from the eye or watery eye
- Recently occurring or sudden increase of flashes and floaters
- Painful eye
- Ingrowing eyelashes
- Recent and sudden reduced vision
- Something in your eye

Please note this is not an eyesight test

If you are unsure whether your symptoms can be assessed and treated by the service, please contact a participating optician who will advise you.

If you have an eye condition that is being monitored by your GP or the hospital, contact your GP practice or hospital department in the first instance.

You should go to A&E if you have...

- Sudden loss of vision in one or both eyes
- Considerable eye pain
- Significant trauma such as penetrating injury or lacerations to the eye or eyelid
- Chemical injury or burns
- Problems arising from recent eye surgery

You should go to A&E after 5pm and at weekends, if participating opticians are closed and you need urgent advice.



How do I book an appointment with the service?

If you are registered with a Shropshire, Telford and Wrekin GP you can use PEARS.

To make an appointment phone a participating optician. You will recognise them by the PEARS symbol in the window.



You will be asked some questions about your symptoms, to assess how quickly you need to be seen by the service. Depending on your symptoms, you will be seen within one or two working days.

Appointments are available during normal working hours. Some opticians offer appointments at the weekend.

The optician may put drops in your eyes to enlarge your pupils, 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.

