
Eye Clinic

Iritis

Iritis is a condition causing inflammation of the iris (the coloured part of your eye).

It can be associated with arthritic, chest or skin conditions and the doctor may well ask if you have had any joint pains. However, very often no cause can be found. The eye becomes painful and red. There may be sensitivity to light and blurred vision. Either eye can be affected, but it is uncommon for this to happen at the same time.

In a number of patients, the eye inflammation is more widespread, causing floaters (little specks of debris floating in the field of vision), or other visual disturbances.

Treatment

It is important that treatment is started as soon as possible.

Having examined your eye, the doctor will prescribe steroid or other anti-inflammatory drops, which initially you may be required to use very frequently, gradually reducing the dose as your eye recovers.

You will also be given dilating drops, which will enlarge your pupil; this will help the muscle of the iris to rest. You will find that these drops will cause blurring of your vision.

Failure of the pupil to dilate may cause parts of the iris to stick to the lens of your eye, therefore you may require intensive pupil dilating drops while you are in the clinic. In certain cases, steroid or other anti-inflammatory tablets may be prescribed.

Iritis is a condition which has a tendency to recur. If you feel any of the following symptoms starting, it is important that you get in touch with the Eye Clinic as soon as possible to arrange an urgent appointment:

- blurred vision
- pain/ache
- sensitivity to light
- tearing
- redness



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

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