



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Uveitis

Information for patients, relatives and carers

① For more information, please contact:

The Eye Clinic

York Hospital, Wigginton Road, York, YO31 8HE

Phone: 01904 726758

What is Uveitis?

Uveitis is an inflammatory condition of one of the internal layers of the eye. It may be:

- **Anterior** meaning 'the front of the eye'. It may also be known as Iritis, which is the commonest form
- **Intermediate** meaning the middle portion of the eye
- **Posterior** meaning 'the back of the eye' or
- **Pan** uveitis involving all of these layers.

What causes Uveitis?

Some cases of uveitis are linked to other areas of inflammation in the body e.g. the joints, the skin, the bowel, or the lungs. Sometimes it is caused by infection. Sometimes your genes make you more likely to have uveitis.

Many cases are not linked to any other cause.

If your condition recurs frequently or you have other symptoms, your doctor may organise some tests for you such as blood tests or a chest x-ray.

What are the symptoms?

Anterior Uveitis usually starts with pain in the eye often worse when looking at light (photophobia). Pain can also be associated with reading. These two tasks cause the iris, the inflamed part of the eye, to move and so cause the pain. Redness, especially around the coloured part of your eye (iris), increased watering and reduced vision, are also all symptoms of the condition.

Intermediate or pan uveitis may cause floating objects in the vision or reduced vision.

What is the treatment for Uveitis?

Because uveitis is an inflammatory condition, it is treated with anti-inflammatory medications.

Further information on drugs which suppress your immune system or injections to the body can be found via the link or by scanning the QR code below.

<https://www.versusarthritis.org/about-arthritis/treatments/drugs/>

The leaflets are well written but not necessarily specific to the eyes. However, the principles remain the same.



Click on the letter your medication begins with, e.g. M for Methotrexate.

Anterior uveitis

After your assessment, you may be prescribed eye drop medication. For example:

- **Pred Forte** or **Maxidex** are steroid drops to reduce the inflammation causing the problem. The usual dose is:
 - Every hour for a day or so, then a reducing frequency course to aim to stop the drop at about six weeks. The course may vary, so your eye doctor will prescribe this specifically for you.
- **Cyclopentolate**, or **Atropine** are dilating drops to enlarge the pupil. This will prevent the inflamed iris from sticking to the front of the lens. It also relaxes some of the muscles in the iris so reducing spasms and pain. The usual dose is:
 - Two to three times a day until seen for one week. The exact course will be prescribed by your eye doctor.
- Sometimes additional drops or ointments are used.

Intermediate, Posterior, or Pan-uveitis

These conditions do not always need treatment. If these do, drops may be insufficient and an injection around the eye or tablet treatment may be required. Usually more investigations, in the form of blood tests, x-rays, or pictures of the eye are required. Often a consultation with a uveitis specialist is required.

You may need a number of follow up appointments to ensure that the inflammation is reducing and your drops may be altered depending on how you are doing.

Eye drops must not be stopped suddenly. Your eye may feel comfortable and your vision better; but inflammation could still be present or return as rebound inflammation.

Always follow your eye doctor or nurse practitioner's recommendations and always complete the course of drops prescribed. If you have any queries regarding your eye drops phone the nurses in the eye clinic or on the eye ward.

In some cases, if the inflammation is severe you may need to have an injection around the eye. You will be given local anaesthetic drops prior to this.

What do I do if it reoccurs?

It is quite common for the condition to recur. If it does, treatment needs to be started promptly to reduce the inflammation and the risk of further complications. If your eye condition should flare up again then you will need to contact the department or ward as soon as possible.

At your initial visit, you may have been given a R.O.C. (Reoccurring Ocular Condition) card. This card contains your name and hospital number; please quote these when you phone.

The Eye Clinic
Phone number 01904 726758

During working hours, please call the above number and explain your problem to the member of staff. They will either give you an appointment to be seen in the urgent referral clinic the same day or you may be able to speak to one of the nursing staff.

Please try to contact us as early as possible in the day so that we can arrange an appointment for you. During the week you may need to be added to an already fully booked clinic, so please be prepared to wait to be seen by either a doctor or nurse practitioner.

If you are calling out of hours, (after 6pm on weekdays and weekends) please contact the hospital switchboard and ask to speak to the eye doctor on call.

Useful information

www.uveitis.net

A support group for those with uveitis, based in Scotland with information for all.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Nurse Practitioner, Eye Clinic, York Hospital,
Wigginton Road, York, YO31 8HE, phone 01904 726758
or email Yhs-tr.ophtalmologyyorkadminstaff@nhs.net.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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