

Minor Eye Conditions Service (MECS) – Newham

What Will Happen When I See the Optometrist?

The optometrist will examine your eyes, discuss what has been happening, explore any symptoms you may be experiencing and any related medical history. Please take a list of all current medications and your up to date glasses with you to the appointment.

You are likely to be treated there and then, although you may be referred to your GP if your eye condition is related to your general health. If required, you may also be referred to hospital.

Following your appointment, the optometrist will send the results to your GP to ensure your medical records are updated. A record of all appointments will also be kept to monitor and improve the service.

You can access the Minor Eye Conditions Service without a referral by getting in touch directly with one of the MECS locations listed in this leaflet. Your GP can also refer you.

Your information will be held confidentially and not shared with a third party without your prior permission.



What is MECS?

An NHS funded service providing assessment and treatment for eye conditions through your local optometrist. This means that you can be seen by an eye specialist at a time and location that it is convenient for you and reduces the time you have to wait to be treated for a minor eye condition.

About the Service

MECS is an NHS funded service available to all patients 10 years and over registered with a Newham GP. The service is designed to offer convenient care for minor medical eye conditions.

The service is provided by local optometrists who have specialist knowledge and skills to carry out this work.



NOTE: If you have an eye condition that is already being treated by your optometrist or hospital eye service, for example a cataract, glaucoma or diabetic eye disease, this will continue as before and will not be covered by the new service. This service is not a sight test and you will not be issued with a prescription for spectacles.

You should continue to visit your usual optician for regular eye examinations and prescriptions as normal.

Eye Conditions That Can Be Treated by MECS

The service is designed for recently occurring medical eye conditions such as:

- Red eye(s)
- Significant recent discharge from or watering from the eye
- Mild trauma, for example a scratch to the outer surface of the eye(s) or lid(s)
- Suspected foreign body in the eye
- Mild pain and/or discomfort in the eyes

Eye Conditions That Cannot Be Treated by MECS

Go directly to A&E if you have:

- Sudden loss of vision in one or both eyes
- Considerable eye pain or trauma
- Chemical injuries or burns
- Recent eye surgery

How Do I Access MECS?

You can be referred by your GP practice. You can also contact an approved optometrist (those listed in this leaflet) directly (self-refer) and make an appointment. Ask to be seen under the Minor Eye Conditions Service. Appointments are available during normal working hours and you will normally be seen within a maximum of 48 hours.

You are free to contact any of the approved optometrists. However, only approved optometrists can provide this service on the NHS so it may not be your normal optometrist.

Where Can I Be Seen?

Below is a list of all participating Optometrists in Newham. Please call the practice for availability of MECS appointments.

Area	Practice	Address	Telephone
E6	M M Beg	13 Plashet Grove, London, E6 1AD	020 8221 1113
E6	Specsavers Opticians, Beckton Sainsbury's	Sainsbury's, 1 Claps Gate Lane, London, E6 6JF	020 8131 3319
E6	Specsavers Opticians	43 High Street North, East Ham, London, E6 2JD	20 8131 5877
E13	Vision Academy	73 Plashet Road, London, E13 0QA	020 8586 7132
E15	Eye Emporium	42 Broadway, London, E15 4QS	020 8522 1034
E15	Specsavers Opticians	85 Stratford Centre, Stratford, London, E15 1QX	020 8131 9940
E16	Specstore	32 Barking Road, Canning Town, E16 1EQ	020 7476 4757
E20	Boots Opticians	31-32 Lower Ground Floor, The Arcade, Westfield, E20 1EH	020 8221 2495

For more information visit: www.nel-eyecare.com