

What Happens When I See The Optometrist?

The optometrist will discuss your recent eye history, 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. As a result of the consultation you may be given appropriate treatment by the optometrists, referred to your GP if the condition is related to your general health, or referred directly to the hospital eye service if your eye condition is more serious.

Following your appointment, the optometrist will notify your GP about the outcome of your consultation in order to ensure your medical records are updated. Please note, a record of all appointments will be kept to monitor and continually improve the service.

Although you can access the Minor Eye Conditions Service without a referral, if your doctor has recommended that you visit an Optometrist they may wish to enter in some information below.

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

GP Practice Stamp



Minor Eye Conditions Service (MECS)

A new NHS service providing free assessment and treatment for minor eye conditions through your local optometrist



About The Service

MECS is a free service available to all patients registered with a City and Hackney GP. The service is designed for the assessment and treatment of recently occurring medical eye conditions.

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

NOTE: If you have an eye condition that is being regularly monitored by your optometrist or hospital eye service, this will not be covered by MECS; for example: cataracts and glaucoma.

The service does not replace the routine eye examination, eye tests or prescriptions for spectacles and a sight test will not be performed as part of the assessment or treatment and you will not be issued with a prescription for spectacles.

Eye Conditions Which 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 Which Cannot Be Treated By MECS

If you have sudden loss of vision in one or both eyes, considerable eye pain or trauma, chemical injury or burns or recent eye surgery you should go directly to an A & E department.

How Do I Access MECS?

You can be referred by your GP practice – you may only need this leaflet stamped by the receptionist. You can also contact an approved optometrist directly (self-refer) and make an appointment. Ask to be seen under the minor eye condition service. Appointments are available during normal working hours and you will be seen within 48 hours but usually on the same day.

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 City and Hackney

Area	Practice	Address	Opening Hours	Telephone
E8	Specsavers Dalston Cross	Unit 18, Dalston Cross Shopping Centre, E8 2LX	Mon/Tue/Thu/Fri/Sat 09:00 -18:00, Wed 10:00-18:00, Sun 11:00-17:00	020 7254 7664
N16	Infocus Optometrists	163 Stoke Newington High Street, Stoke Newington, N16 8BP	Mo-Sat 09:00-18:00 Closed Bank Holidays	020 7254 4299
EC2M	Specsavers Bishopsgate	152 Bishopsgate, London, EC2M 4LN	Mo-We 08:00-19:00, Thu 08:00-20:00, Fri 09:30-18:30, Sat 10:00-16:00	020 7377 4970
E5	Rose Opticians	27 Lower Clapton Road, London, E5 0NS	Mon-Sat 09:00-18:00	020 8985 1971
E5	Silverman Opticians	176 Clapton Common, London, E5 9AG	Mon 09:30-19:30, Tue-Thu 09:30 - 17:30, Fri 09:30-13:00, Sat Closed, Sun 10:00-16:00. Open Bank Holidays, Closed Jewish Holidays	020 8211 7575

For more information, please contact any of the optometrists above.