## What is a Minor Eye Conditions Service (MECS)?

The MEC service treats non-emergency conditions which do not necessarily need specialist hospital examinations, in convenient locations for the patient, and is carried out by specially trained Optometrists. You may contact the participating Optometry Practice of your choice and they will offer you their earliest MEC appointment, which will be within a week of you contacting them or they will direct you to another participating Practice.

Conditions that can be seen under within the service include:

• Acute\* Red Eyes

• Acute\* Irritated or Inflamed Eyes

• Sticky Discharge or Acute\* Watery Eyes

• In-growing Eyelashes

• Foreign bodies in the Eye – urgent conditions will be redirected to A&E if treatment is required in under 24 hours

• Recently occurring flashes or floaters.

\*An acute condition is one with a sudden onset. If you have had the condition for many weeks and months it is called a chronic condition and you should discuss this with your regular Optometrist or GP, in the first instance.

Please note this is NOT a standard sight test.

Children under 16 years of age will not be seen in the MEC service and should be seen by your GP.

## Where should I go?

You will need to contact one of the accredited optometry practices (opticians) offering the MEC service to make an appointment – be sure to mention that you want an appointment with the MEC

service rather than just regular sight examination.

Appointments are available during normal working hours with some practices also offering appointments at weekends.

Not all the registered Practices have an optometrist available every day. If they don’t have appointments within a week they will be able to guide you to another nearby accredited optometry practice.

## How do I book an appointment with the service?

To make an appointment, call one of the opticians listed below.

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| Provider Name | Address | Telephone No |
| A & I Lask (Cambridge) | 42, Chesterton Road, Cambridge CB4 1EN | 01223 357303 |
| Adlam & Coomber Optometrists | 14 Brook Street, St Neots, Cambs PE19 2BP | 01480 472051 |
| Gathercole & Ward (Huntingdon) | Gathercole & Ward, 36 High Street, Huntingdon, Cambs, PE29 3AQ | 01480 453208 |
| Gathercole & Ward (Ramsey) | 102 High Street Huntingdon Cambs PE26 1BS | 01487 812358 |
| Krog & Whitehead Optometrists | 2 Blunts Lane, Whittlesey, Peterborough, Cambs, PE7 1AH | 01733 205466 |
| Sask Optics (Peterborough) | 293 Lincoln Road, Peterborough, PE1 2PH | 01733 563845  |
| Specsavers | 13 Fitzroy St, Cambridge, CB1 1ER | 01223 305241  |
| Specsavers | 1 The Guineas, Newmarket, Suffolk | 01638 565270  |
| Specsavers (Lion Yard) | 30 Lion Yard Shopping Centre, Cambridge, CB2 3NB | 01223 366805 |
| Specsavers (Serpentine Green) | Unit 16, The Serpentine, Serpentine Green, Peterborough, Cambs, PE7 8BE | 01733 311695  |
| Specsavers Huntingdon | 128 High Street, Huntingdon, PE29 3NE | 01480 457800  |
| Specsavers March Ltd | 3-5 Broad Street, March, PE15 8TP | 01354 607120  |
| Specsavers Opticians Ely | 45 High St Ely CB7 4LF | 01353 653120  |
| Specsavers Opticians St Neots | 13 High Street, St Neots, Cambridgeshire, PE19 1BU | 01480 210820 |
| Specsavers Peterborough | 53, Bridge Street, Peterborough, Cambs, PE1 1HA | 01733 348822  |
| Specsavers Royston | 27 High Street Royston SG8 9AA | 01763 248161  |
| Spectacular Opticians | 16 High Street, Chatteris, Cambs. PE16 6BG | 01354 694666 |
| Spectacular Opticians | 2 Maltings Mall, Downham Market, Norfolk. PE38 9TG | 01366 385241 |
| Spectacular Opticians | 7a High Street, Ely, Cambs. CB7 4LJ | 01353 659333 |
| Spectacular Opticians | 10 Broad Street, March, Cambs. PE15 8TG | 01354 650115 |
| Spectacular Opticians | 126 High Street, Newmarket, Suffolk. CB8 8JP | 01638 662774 |
| Spectacular Opticians | 13 High Street, Waterbeach, Cambs. CB25 9JU | 01223 967479 |
| Westgate Optical | 10 Westgate, Peterborough, PE1 1RA | 01733 342464 |

You will be asked some questions about your problem and symptoms when you contact the practice to assess whether the condition is suitable for the MEC service or is more urgent in

nature. You will be seen within one week if a MEC appointment is suitable. Please take your glasses and a list of your current medication with you to the appointment. The optometrist may need to put drops into your eyes to enlarge your pupils and get a better view inside your eyes. YOU SHOULD NOT DRIVE UNTIL THESE DROPS HAVE WORN OFF, which may take a few hours.

If your condition is found to be more serious after examination, you will need to be seen within the hospital, and you will be referred either as a routine or emergency, dependent on the condition. You may also be advised to make an appointment with your GP if your eye condition is related to your general health.

If you are not entitled to free NHS prescriptions, you may be charged for any medication you require. Please discuss your options with the Optometrist.

## Concerned about this service?

If you feel dissatisfied with this service and wish to make a complaint please contact:

Primary Eyecare (Cambridgeshire) Ltd

42 Chesterton Road

Cambridge CB4 1EN

Telephone: 03303 033334