



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.


Tower Hamlets
Clinical Commissioning Group

Minor Eye Conditions Service (MECS)



What is MECS?

A new 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 a NHS funded service available to all patients registered with a Tower Hamlets GP or who are a Tower Hamlets resident. 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 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 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 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 Tower Hamlets.

Area	Practice	Address	MECS Clinic Hours	Telephone
E2	Speccavers Bethnal Green	Unit 1, 409 Bethnal Green Road, E2 0AN	Mon, Tu, Fri, Sat – 9am-6pm Weds – 10am-6pm Thu – 9am-7pm Sun – 10am-5pm	020 7324 7520
E1	In Focus Optics Cannon Street Road	149 Cannon St Road, E1 2LX	Mon-Wed – 10am-6pm Fri – 3pm-7pm Sat – 10am-6pm	020 7488 4523
E1	In Focus Optics White Horse Lane	94 White Horse Lane, E1 4LR	Mon, Tue – 10am-6pm Fri – 3pm-7pm	020 7791 0692
E14	In Focus Optics Poplar	Unit 1, 223 East India Dock Road E14 0ED	Tues & Sat – 10am-6pm *Please call for availability, as additional appointment times can be arranged	020 7987 2364
E14	Boots Canary Wharf	Jubilee Place, 45 Bank St, Canary Wharf, London E14 5NY	Mon, Wed, Thu – 8.30am-7.30pm	0345 125 3758
E3	Srivens Opticians	531 Roman Road, E3 5EL	Mon-Fri – 9am-5.30pm Sat – 9am-5pm	020 8980 5053

For more information visit: www.elclloc.org