

Your NHS Eye Care Services in Wales (Optometry practices) Optometry Wales Optometreg Cymru

Eye care practices in Wales, better known as opticians or optometrists, offer several NHS services to help look after your eyes. These services are called the Wales General Ophthalmic Services (WGOS). Some practices can also visit you at home if you cannot get to the practice due to illness or disability. Your local optometry practice can tell you which services they provide. You can find more details, including who can get free eye tests and help with paying for glasses, on the NHS Wales website.

WGOS 1: NHS Sight Test

This service is free for lots of people, or there is a fee if you don't qualify. The optometrist will check how well you can see and look for any eye health problems. All high street NHS optometry practices in Wales offer this service.

WGOS 2: NHS Urgent Eye Care Service

If you have an eye problem that needs help quickly, you can use this service. This might be:

- a painful or red eye
- sudden changes to your vision
- something stuck in your eye

You should phone your usual or local optometry practice. They will ask you some questions to understand the problem and will tell you what to do next. All practices in Wales offer this free service and anyone with an eye problem can access it.

WGOS 3: Low Vision Service Wales

This free service helps people who have sight problems even when wearing their spectacles. The practitioner will:

- check how your sight is affecting your everyday life
- give you support and advice
- provide helpful items such as magnifiers or better lighting
- tell you about other organisations that can support you.

WGOS 4: Monitoring Services for Glaucoma and Medical Retina

Some optometrists have extra training so they can look after patients with certain long-term eye conditions.

These free examinations mean some people do not need to go to hospital for eye appointments if they can be looked after by these optometrists.

WGOS 5: Independent Prescribing Service

Some optometrists can prescribe certain eye medicines. If you experience an eye care problem, you should first contact your usual or local optometry practice for an urgent eye care appointment (WGOS2).