



Paediatric information: 8-12 years

Nystagmus

The proper name is:
Nystagmus (pronounced ni-stag-muss).

But we often call it:
Jerky eyes, or wobbly eyes.

Nystagmus makes your eyes move in a fast, jerky way that you can't control. The movement can be side to side, up and down or in circles.

How does the world look to me?
Most people with nystagmus don't see as clearly as others. Some people can see really well, while others can't see very well at all. Sometimes you may not see things as quickly as others. Very occasionally, on a bad day, you may see things wobble a little.

How do I look to the world?
Your friends and family might be able to see your eyes moving about or 'wobbling' when they are talking to you. Other people might not even notice.

Why did I get it?
It may be inherited, which means it may run in your family, so can be passed on from another member of your family. But there are many other reasons you

may have it. In many people we don't know what causes their nystagmus.

What causes it?
The nystagmus can be caused by a problem with your eyes - It can occur if you have an eye condition such as cataract or a problem with the retina or nerve at the back of the eye.

Sometimes the nystagmus is due to a problem with the pathway of nerves connecting your eyes to your brain. But In many people, we don't know what causes it.

How can the doctor tell?
The doctor knows that you have nystagmus because of the movement of your eyes. But the doctor will also want to know if there is any reason for it.

To find out, you and your parents will be asked a lot of questions such as whether anyone else in your family has wobbly eyes or an eye problem.

The eye doctor will then examine your eyes with special equipment and may



organise some other tests, which he/she will explain to you.

A general children's doctor may also ask you some questions and examine you.

Getting it sorted

Nystagmus cannot be cured, but wearing glasses or contact lenses can sometimes help improve your vision.

Author: Paediatric information group
Version number: 2
Approval date: March 2019
Review date: March 2022

Moorfields Eye Hospital NHS Foundation Trust
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Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available

at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

