

## **Mucous Fishing Syndrome.**

This interesting title is a rare condition where the eye produces too much mucous often in response to ocular irritation or trauma. The patient then pulls or “Fishes” out the strands from the eyes which causes further irritation and more mucous is produced.

Management involves educating the patient to avoid fishing the strands out but also to treat the underlying cause of excessive mucous production.

One paper in “Optometry. 2001 Oct;72(10):634-40. Mucus fishing syndrome: case report and new treatment option (<http://www.ncbi.nlm.nih.gov/pubmed/11712630>) summaries this condition nicely.

They tried using a combination of Acetylcysteine (Ilube) which dissolves mucous strands and a mast stabilising agent Na Cromoglycate although I would recommend the stronger Rapitol (Nedocromil) which is my favourite mast stabilising drug twice per day.

The treatment may need to be on going and then slowly reducing the doses.

There are quite a few forum discussion groups on the topics as it can be quite disabling and distressing for patients.

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