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.


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 Rapitil (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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