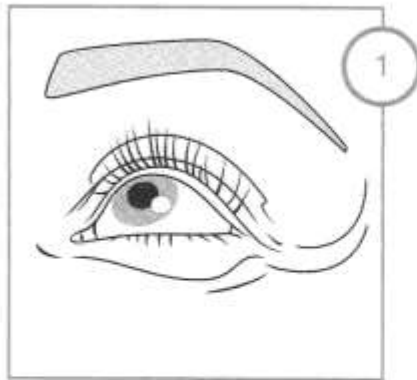


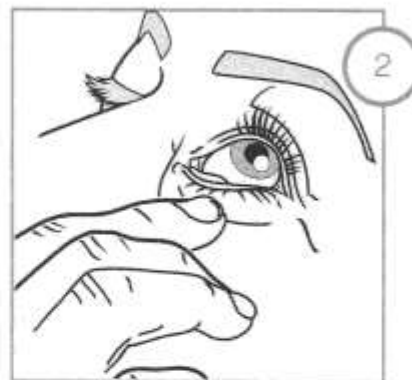
How to apply your eye drops

Always wash your hands before applying eye drops, then follow these simple steps:

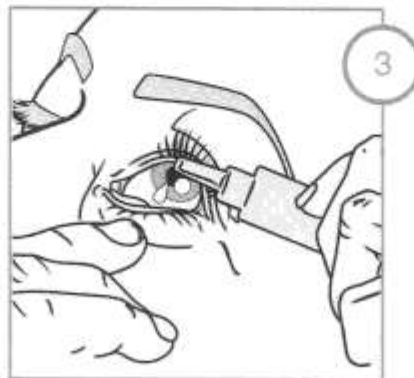
This method applies to dropper bottle or unit dose vials.



Tilt your head back and look at the ceiling



Gently pull down the lower eyelid until there is a small pocket



Squeeze the upturned dropper bottle or vial to release a drop into your eye

Do not allow the bottle or vial to touch your eye or any other surface

Medications can be very beneficial in treating a whole range of eye diseases but it is important that they are used correctly, so please take the time and trouble to follow the instructions carefully.

Read the label on the bottle/tube and follow the instructions as to which eye the medicines should be used and how often. It is also important to know the name of



the drops that you are taking and always bring along your medications when you see the Doctor. Many medicines also contain an information leaflet for you, however, while all medicines have side effects please do not be alarmed by the list that the manufactures are required to mention.

Always complete the course, even if you feel the condition has improved.

Lying Down

Alternate way, is to lie down and open the eye or pulling the lid down, and then hold the eye bottle directly above the eye to drop the eye drop onto the eye.

If you miss a doses, do not try to "catch-up" by taking 2 or 3 missed doses at once, just continue taking them at the regular times and be more diligent in the future.

Never Share your medicines or use other peoples and if your medicines go out of date or its is more than 1 month since your opened them dispose of them.



Keep the drops in a cool place/fridge if possible, ointment is best not put in the fridge as it becomes very solid. Also remember to keep all medicines out of reach of children.

Instillation of Eye Drops

Putting drops in your eye may seem difficult at first but becomes easier with practice.

1. Wash your hands and check the nozzle is clean and not damaged.
2. Tilt your head back. Some people find it easier to lie down or use a mirror.
3. Pull your lower lid away from the eye to form a "pocket" by pulling the lower lid down with your index finger or pinching the lid outward with thumb and index finger.
4. Let ONE drop fall into the pocket. If you miss it is quite safe to put a second one.

Try not to let the bottle touch your lid/eye.

5. Close your eyes and apply pressure to the point where the lids meet the nose for 2-3 minutes. This stops the drop passing down the tear ducts into

the back of the nose/mouth. This increase the absorption to the eye, and reduces absorption to the rest of the body.

6. Wipe any unabsorbed drops or tears from your lids/cheek with a tissue.
7. If you need to take more than one kind of eye medication at the same time, wait 5 minutes before using the second drop.
8. Replace the cap firmly and store them in a cool place.

There are devices that clip on to eye bottles that help administering drops. Ask your Pharmacy if there is a specific one for the medication you are on as some manufactures have very specific ones for their drops, in addition there is the Autodrop OP 6000 01993 810769 Price £2.99 + 3.99 PP which fits standard shaped bottles.

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