

Drops to Dilate your pupils prior to your next Visit.

To save you waiting while the dilating drops work, Mr. Lee has given you two drops to take to dilate either one eye or both as he directs. Dilate Right / Left eye.

These are the two Tropicamide and Phenylephrine to use to dilate your pupil.

Open each packet and remove the drops.

Remove each lid which is rather stiff and put one drop of EACH of these into either one or both eyes as directed. You need BOTH drops to dilate the each pupil fully.

Place them into the eye one hour before your visit and a further set of both half an hour before your visit.

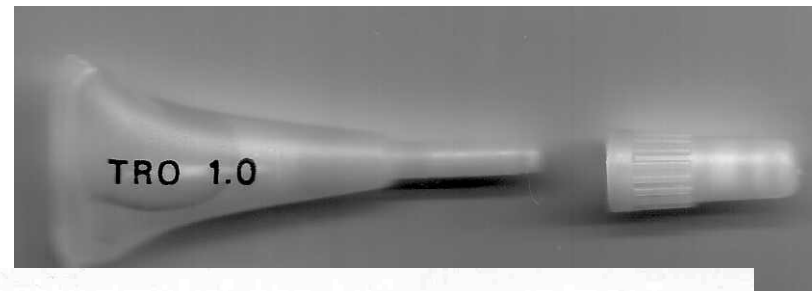
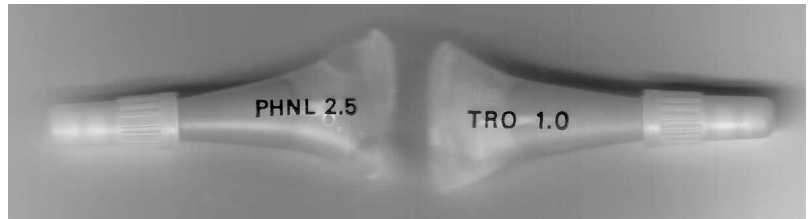
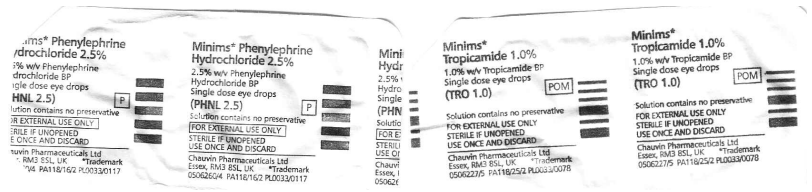
Your vision will become blurred especially for close work. This is normal and will return about 2 - 3 hours later. Do not drive or operate machinery during this time.

Instillation of Eye Drops

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

1. Wash your hands
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.
5. Wipe any unabsorbed drops or tears from your lids/cheek with a tissue.
6. Put the second drop in straight away.
7. Replace the cap firmly.

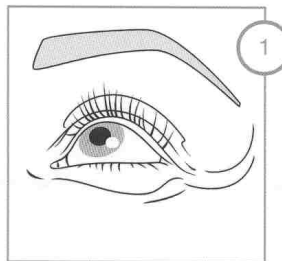
Mr. Nicholas Lee
Consultant Ophthalmologist at The Hillingdon



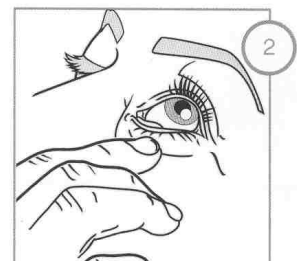
How to apply your eye drops

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

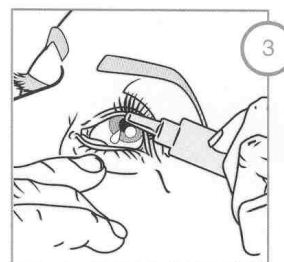
This method applies to dropper bottle or unit dose vials.



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