

## Patient advice sheet

### How to use your ear drops

**This leaflet is designed to advise patients on how to use their ear drops correctly.**



1. Read the instructions on the label and treat only the ear stated. If you are given a different bottle for each ear, make sure you use the correct bottle. You may need someone to help you to put your drops in.
2. Wash and dry your hands.
3. Shake the bottle.
4. Stand or sit comfortably, in front of a mirror may help. Alternatively lay down flat, on a bed for example.
5. Remove the cap from the bottle.
6. Tilt your head to the side, with the ear being treated facing up.
7. Squeeze the bottle until the prescribed number of drops, usually THREE to FIVE, fall into the ear opening. Do not let the tip of the bottle touch any part of your ear. You may need somebody to help you with this.
8. Stay with your head tilted to the side for at least a couple of minutes to allow the drops to spread right into the ear canal and reduce the likelihood of the drops leaking out of the ear.
9. Sit up slowly. Replace the cap on the bottle.
10. Repeat the process in the other ear if necessary.

If the medicine leaks from the ear as you sit up, you can wipe it away with a clean tissue.

Cotton wool should not normally be placed into, or at the entrance to the ear.

Always keep the bottle tightly closed and store in a cool place, or as directed on the label.

Once opened, most ear drops should be discarded a maximum of ONE month after opening.

Check the label on the bottle or ask your Pharmacist.

### Who can I contact if I have any more questions?

If you have any further questions about your medicines contact the Patient Medicines Helpline within the Medicines Resource Centre on 01296 838220.

Opening hours: Monday – Friday 9-4pm.

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

### **How can I help reduce healthcare associated infections?**

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

### **Patient Advice Sheet**

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email [bht.pals@nhs.net](mailto:bht.pals@nhs.net)