

## Patient advice sheet

### How to use your eye drops

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



1. Read the instructions on the label and treat only the eye stated. If you are given a different bottle for each eye, 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 and remove the cap.
4. Stand or sit comfortably, in front of a mirror may help. Tilt your head backward lightly
5. Gently pull down the lower lid of your eye and look up.
6. Squeeze the bottle until ONE drop falls into the space between the lower eyelid and your eye. Do not let the tip of the bottle touch and part of your eye.
7. Close your eyes for a few minutes, do not rub them, then blink several times.
8. If you need to use another drop, wait five minutes before putting the second drop in.
9. Replace the cap on the bottle
10. Your vision may be blurred for a short time afterwards. Do not drive or operate machinery until you can see clearly again.
11. Always keep the bottle tightly closed and store in a cool place, or as directed on the label
12. Once opened, most eye drops should be discarded a maximum of ONE month after opening. If in doubt ask your pharmacist.
13. If you find it difficult to use your eye drops please speak to your pharmacist. Devices are available that may help you.
14. If your eye drops are used to treat eye infection, wash your hands after use.

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

Once opened, most eye 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)