

Patient advice sheet

How to use your eye ointment

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



1. Read the instructions on the label and treat only the eye stated. If you are given a different tube for each eye, make sure you use the correct tube.
2. Wash and dry your hands.
3. Remove the cap from the tube
4. Stand or sit comfortably, in front of a mirror may help. Slightly tilt your head backward.
5. Gently pull down the lower lid of your eye and look up.
6. Squeeze the tube and place a 1cm strip of ointment into the space between the lower eyelid and your eye. Do not let the tip of the tube touch any part of your eye.
7. Close your eyes for a few minutes, do not rub them, then blink several times.
8. Replace the cap on the tube.
9. Your vision will be blurred for a short time afterwards. Do not drive or operate machinery until you can see clearly again.
10. Always keep the tube tightly closed and store in a cool place, or as directed on the label.
11. Most eye ointments should be discarded ONE month after opening. If in doubt ask your pharmacist.

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

Once opened, most eye ointments 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.

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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