

Patient information

Administering eye drops

Introduction

This leaflet explains how to put drops into your eyes.

Instructions

- Wash your hands.
- Take off the top of the bottle.
- Bend your head backwards or preferably lie flat and gently pull your lower eyelid down.
- Hold the dropper above one eye. Squeeze one drop into the pocket formed by gently pulling down the lower eyelid (see figure 1). Try not to touch your eye, eyelashes or anything else with the dropper tip.

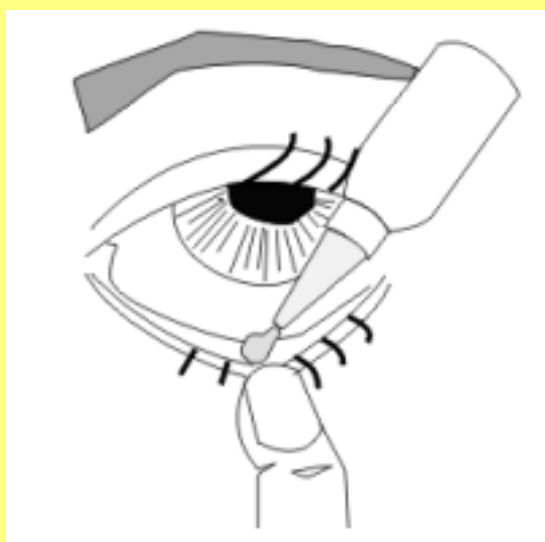


Figure 1 shows where you should put the eye drop

- Let go of the eyelid. If advised, gently press on the inner corner of the eye for approximately two minutes. Your healthcare professional will show you how to do this.

- Wipe away any liquid that falls onto your **cheek** with a tissue.
- Repeat in the other eye if the drop is prescribed for both eyes.
- When two different eye drop preparations are used at the same time of day, wait for at least 10 minutes before putting the second preparation into an eye. This allows the first preparation to 'settle in' and not be washed out by the second one, if it is put in too quickly.

Can I find out more?

If you have any questions after reading this leaflet, please contact the eye clinic on:

01384 456111 ext. 3620 or ext. 3621 (8am to 5pm, Monday to Friday)

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/ophthalmology/>

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This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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audio lub w innym języku. W tym celu zadzwoń pod
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