

How To Use Your

**EYE**

**DROPS**

PHARMACEUTICAL SERVICES DIVISION  
MINISTRY OF HEALTH

## INTRODUCTION

Eye drops are sterile liquid for instillation into the conjunctival sac. They contain medicaments dissolved or suspended in aqueous or oily vehicle. Eye drops may be in single dose form or in multiple application containers.

## BEFORE USING EYE DROPS

Tell your doctor or pharmacist if:-

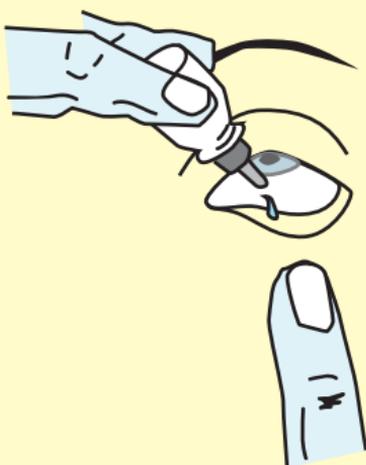
- You are allergic to any medication.
- You have any medical problem.

## HOW TO USE EYE DROPS

1. Wash your hands.
2. Read the medication label.
3. Dry them with a clean towel or tissue.
4. Shake the bottle if this is indicated on the bottle or it is directed by the doctor.
5. Unscrew the cap of the bottle (for bottles with an integrated dropper, draw some liquid into the dropper).

6. Lie down or tilt your head back and gently pull your lower eyelid down.
7. Hold the eye drop bottle at least 1 – 2 cm above the eye with your other hand.
8. Squeeze/drop the correct number of drops inside the lower eyelid.
9. Close your eyes slowly and gently press a finger against the inside corner of each eye and keep them closed for approximately 1 minute to allow the medication to absorb.
10. Straighten your head and wipe away any extra liquid.
11. If you are prescribed both eye drop and eye ointment together use the eye drop first.
12. If you have more than one drop of medicine to put in your eyes, wait about 5 minutes after the first medicine.

# DEMONSTRATION



## IF YOU MISS A DOSE

Take it as soon as you remember. However if it is almost time for the next dose, skip the missed dose and go back to your regular dosing schedule.

## DO NOT DOUBLE THE DOSE

## PRECAUTION

If your symptoms do not improve, consult your doctor.

To prevent the spread of infection, one person only should use each bottle of eye drop. Avoid touching the eyelids or other eye structures with the eye drop lid.

Do not stop using the drops until you have finished the full course of treatment even if your symptoms have improved. If you stop using the drops too soon your illness may return.

Do not share your medication with others, even if they appear to have the same symptoms as you.

Use eye medication only for your affected eye.

Contact lenses should not be worn until at least 20 minutes following the instillation of the drops. In certain cases, you may have to stop using your contact lenses, get advice from your doctor.

## SIDE EFFECTS

See your doctor immediately if you have any of these side effects.

- Eye pain or changes in vision.
- Continued redness and irritation or large pupil.

## STORAGE

Keep all medicines in a safe place away from the reach and sight of children.

Unless otherwise directed, store your eye drops in a cool, dry area.

After you have completed your course of treatment, throw away any leftover drops.

Do not use the drops after the expiry date marked on the packaging.

Discard product as directed after opening the bottle.

## WARNING

All directions on these pages are for information purposes only. They are not instructions to use your specific medicine. Please obtain appropriate medical advice if you have any questions regarding your medicine.

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