

How to use your eye drops

Ophthalmology

Patient Information Leaflet

How to use your eye drops

- Check label on drops for correct name and instructions.
- Wash hands.
- Remove contact lenses if worn.
- Before putting in the drops consider the best position for you, for example sitting, standing, or lying down. You may find using a mirror helps.
- Have tissues to hand.
- Remove lid from bottle and place on clean tissue, do not touch the tip of the bottle to avoid contamination.
- Tilt head back slightly.
- Hold the bottle in your dominant hand and pull down the lower lid using a finger, to form a pocket.
- Some people prefer to rest their hand on the face or bridge of the nose or just position the bottle directly above the eye, avoiding touching the eye. A drop device may help (ask in clinic).
- Squeeze the bottle gently.
- Release lower lid.
- Close the eye and gently apply pressure to the inside corner of the eye with your finger for one to two minutes (this helps to keep the drop in the eye longer, and keeps drops from draining into the throat).

- If using more than one drop allow three to five minutes between each one (using ointment last).
- Remove excess drops from around the eye with tissue.
- Replace bottle lid.

Leaflet Details

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Other formats

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

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<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

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Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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