

Your eye drops



This leaflet contains information about your eye drops. Please take it with you to all future appointments so that any changes in your treatment can be recorded for you.

You have been prescribed some eye drops which are an essential part of the treatment for your eye condition. It is important to use them as the doctor has explained to you. If you are unsure, please ask one of the nurses to find out for you.

Some drops may be required as a relatively short course, for example, following an operation or to treat an eye infection like conjunctivitis.

Some eye drops may be for long term use, even lifelong, for conditions such as ocular hypertension or glaucoma (raised pressure in the eye).

It is important never to run out of these drops and you will need to go back to your GP for repeat prescriptions. Most drops will become out of date after 28 days.

When putting in the eye drops, do not touch your eye, lashes or skin with the end of the dropper:

1. Wash your hands thoroughly with soap and water. Dry thoroughly.
2. Sit or lie down with your head supported.
3. Gently pull down your lower eyelid.
4. Look up and put a drop inside the lower eyelid.
5. Always wash your hands afterwards.
6. If you are using more than one drop, leave 3 minutes between each one.



Some people find this difficult so there is an alternative method you can try. It is known as the 'bridge of nose' technique.

1. Wash hands as before.
2. Shake the bottle and remove the cap. Hold the bottle at its base using your thumb and first finger of the hand opposite your affected eye.
3. Place the widest part of the bottle across the bridge of your nose so that the nozzle is directly above the eye you wish to treat.
4. Using your free hand, gently pull down your lower eyelid, tilt your head slightly and look up.
5. Gently squeeze the bottle until the eye drop falls into the pouch formed by your lower eyelid.
6. Let go of your eyelid and close your eye gently.



If your eyelids become sticky you can bathe them.

To do this:

- use moist cotton buds, a clean flannel or gauze
- use a clean cup of cool boiled water with a small pinch of bicarbonate of soda or a drop of baby shampoo
- gently wash the lashes and adjacent skin.

If you have difficulty administering your eye drops due to shaky hands or arthritis, there are a range of aids which can help. Some are supplied by the company supplying the eye drops and are available at the Eye Clinic (please ask).

Alternatively, some are available on prescription, for example, Opticare and Opticare Arthro, and also to buy through online shops:

the International Glaucoma Association (IGA)

www.glaucoma-association.com

Royal National Institute of Blind People(RNIB)

on-line shops. www.rnib.org.uk

Continued overleaf

If you have any queries, please contact the nurses in the Emergency Eye Clinic on:

01872 253788

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

