

Instilling your Eyedrops or Ointment How to put your drops in correctly

How to put your drops/ ointment in correctly

1. **First, wash your hands thoroughly.**
2. Sit in a comfortable chair, or lie down on the bed.
3. Check that you have the right bottle/tube and make certain that you know which eye the drops/ointment should go in. **Take off the top.**
4. Lean your head back and look up at the ceiling.

Gently pull down your lower eyelid and squeeze a drop into the inside of your eyelid, taking care not to touch the eye or the eyelids with the tip of the bottle.

If you are using eye ointment, squeeze 2cm just inside the lower eyelid.

5. Close your eyes and wipe gently with a clean tissue, if necessary.
6. Put the top firmly back onto the bottle and put in a safe place. **Do not keep near to other bottles which can be mistaken for eye drops.**

7. **Finally, wash your hands again.**

Alternative method

An alternative method of putting in your eyedrops is to rest the bottle on the bridge of your nose. You will find that you need to hold the bottle in the **opposite** hand to the eye in

which you need to put the drop.

This method is often easier and safer to use as you are less likely to knock your eye with the tip of the bottle.

For children

Parents may find it easier to ask their child to lie down on their back on a bed or couch, tilt their head right back and their eyes closed, then gently warn the child there will be a wet drop on their eyelids. Put 1 or 2 drops on the corner of the eyelids by the nose and ask their child to blink a little. The drop will go into the eye by gravity.

Remember

Bottles of eyedrops should only be used for four weeks after opening.

It may help to write the date that you open the bottle on the label. You can get more drops from your GP.

Do not share your drops with anyone else.

Important

Never stop using your drops unless you are told to by a doctor.

If you would like more information, or would like to be taught to put your eyedrops in, please ask.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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