



The Correct use of Eye Drops

Patient Information Leaflet

What are the general precautions?

Always use your medicines as directed by your doctor. Read the label carefully and complete the prescribed course.

During use take care not to allow the bottle nozzle, or dropper, to touch anything as this may contaminate the contents.

Discard any unused eye drops after the period specified after first opening e.g. – this may be one week, or one month.

Directions for use:

1. Always wash your hands before and after using the eye drops.
2. Tilt your head backwards.
3. Gently pull the lower eyelid down and look upwards.
4. Squeeze one drop on the inside of the lower eyelid. Do not touch your eye, with the dropper or nozzle.
5. Close your eyes gently, as squeezing the eyes tightly or blinking moves the drug out of the eye. Ideally keep your eyes gently closed for 3 minutes after instilling the drop.

6. Wipe any excess from around the eyes using a clean tissue.
7. Replace the cap on the bottle straight away after use.
8. Drops may sting initially when first instilled. Allergic reactions are rare, however, if you experience any prolonged irritation, redness in the eye or eyelid swelling after using drops, stop using them and contact the hospital on the telephone number listed over page.

What If I am using several eye drops/ointments?

1. Only drop in 1 drop at a time – the space in the lower eyelid cannot hold any more than this at a time.
2. Wait 3-5 minutes before putting another drop into the eye.
3. Drops which sting should be used last, in case they cause tears to flow.
4. If you are using eye ointment as well as eye drops, use the ointment **after** the drops.

Royal Victoria Eye and Ear Hospital

01 6644600

Revision History

Ref No.	Version No.	Date Approved	Change	Section No.	Approved by
-	1	2012	New Information Leaflet	-	
PIL 048	2	January 2014	Revised Information Leaflet	all	Hospital Management Group