

# Your eye ointment

Information and advice for patients

## Pharmacy

Please read the manufacturer's leaflet that comes with your eye ointment in conjunction with this one before using it. This will give you more detailed information about your specific ointment and will explain the benefits, risks and possible side effects of the eye ointment.

### Before using your eye ointment

Before you use the ointment tell your doctor or pharmacist if you:

- are allergic to any eye drops or eye ointment
- wear contact lenses
- are pregnant or intend to become pregnant
- are breastfeeding
- are using any other medicines

### How to use your eye ointment

The label on your ointment will tell you which eye needs to be treated and how often. Keep using your eye ointment until the doctor tells you to stop. This is how to use your eye ointment:

1. Wash your hands thoroughly.
2. Remove the cap from the eye ointment and place the cap on a clean, dry surface. Avoid breathing directly onto the open tube of eye ointment.
3. The first time you use a tube of eye ointment, throw away the first 2cm (inch) that you squeeze out of the tube.
4. Tilt your head back and look upwards.
5. Pull the lower eyelid of the eye to be treated down with your finger.
6. Gently apply 1cm (half an inch) of eye ointment to the inside of the lower eye lid (as shown in the diagram). If you find this difficult, try using a mirror to guide you or ask someone else to apply it for you. Try to avoid letting the tip of the tube touch any part of the eye.
7. Replace the cap.
8. Close the eye briefly and then blink a few times. This will spread the ointment over the surface of the eye.
9. Remove any excess ointment from the closed lids with a clean tissue.
10. Wash your hands again.



If you need to use eye ointment and eye drops at the same time of day you must always use the drops first and leave a gap of at least ten minutes before using the eye ointment.

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### **After using your eye ointment**

Your vision will be blurred for about 5-10 minutes after you use the ointment. DO NOT drive or perform skilled tasks until you can see clearly again.

### **Precautions**

If you miss a dose of eye ointment, use it as soon as possible. If it is almost time for your next dose, leave out the missed one and start using your ointment again at your regular time.

If you use too much of the ointment or if the ointment is accidentally swallowed please check the manufacturer's leaflet for what to do.

Never let anyone else use your eye ointment; it may harm them even if the problem with their eyes seems the same as yours.

### **Storing your eye ointment**

- Keep the ointment in a safe place where children cannot reach it, as it could harm them.
- Store your eye ointment in a cool place away from direct sunlight.
- Keep the tube tightly closed.
- Do not use the ointment for more than 4 weeks after opening the tube. If you need to use the ointment for longer than this see your GP for a prescription before the 4 weeks is up.
- Return any unused eye ointment to your pharmacy where it can be disposed of safely.

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### Further information

If you have any questions or concerns about your eye ointment; please speak to your local pharmacist.

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk) and [www.swbhengage.com](http://www.swbhengage.com), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

- British National Formulary 68, section 11: 'Eye', September 2014
- Electronic Medicines Compendium at [www.medicines.org.uk](http://www.medicines.org.uk); updated daily.

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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