

# Your eye drops

Information and advice for patients

## Pharmacy

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

### Before using your eye drops

Before you use the drops 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 drops

The label on your drops will tell you which eye needs to be treated and how often. The dose that you will need is ONE drop only. Keep using your eye drops until the doctor tells you to stop. This is how to use your eye drops:

1. Wash your hands thoroughly.
2. Remove the cap from the eye drops and place the cap on a clean, dry surface. Avoid breathing directly onto the open end of the bottle.
3. Tilt your head back and look upwards.
4. Pull the lower eyelid of the eye to be treated down with your finger to form a pocket.
5. Squeeze or gently press on the base of the bottle (as directed in the manufacturer's leaflet) to release ONE drop into the space between the lower lid and the eye. 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 dropper touch any part of the eye.
6. Close the eye.
7. With your head upright, gently press the inner edge of the eye for 1 minute. This is to prevent the drops being absorbed into the circulation.
8. Remove any excess liquid from the closed lids with a clean tissue.
9. Replace the cap.
10. Wash your hands again.



# Your eye drops

Information and advice for patients

## *Pharmacy*

If you have to use more than one type of drop at the same time of day, wait at least 10 minutes before using the next type of drop. If you need to use drops and ointment at the same time of day you must always use the drops first.

### **After using your eye drops**

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

### **Precautions**

If you miss a dose of your eye drops, use them as soon as possible. If it is almost time for your next dose, leave out the missed one and start using your drops again at your regular time. If you use too much of the drops or if the drops are accidentally swallowed please check the manufacturer's leaflet for what to do.

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

Do not use your eye drops if they become discoloured; see your GP to get a new bottle.

### **Storing your eye drops**

The information leaflet that comes with your eye drops will give you more specific advice on storing your particular drops.

- Keep the eye drops in a safe place where children cannot reach them, as the drops could harm them.
- Store your eye drops in a cool place away from direct sunlight. Some eye drops need to be stored in the fridge; if this is the case keep them in the original box and do not allow them to freeze. The information leaflet that comes with your drops will tell you if they need to be kept in the fridge.
- Keep the container tightly closed and in an upright position.
- Do not use the drops for more than 4 weeks after opening the bottle unless the manufacturer's instructions say otherwise. If you need to use the drops for longer than this see your GP for a prescription before the 4 weeks is up.
- Return any unused eye drops to your pharmacy where they can be disposed of safely.

# Your eye drops

Information and advice for patients

## Pharmacy

### Further information

If you have any questions or concerns about your eye drops 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)



A Teaching Trust of The University of Birmingham  
Incorporating City, Sandwell and Rowley Regis Hospitals  
© Sandwell and West Birmingham Hospitals NHS Trust

ML4782

Issue Date: March 2015

Review Date: March 2018