

# Eye drops and how to use them

## Eye Clinic

Tel: 01271 314181

### Other formats

If you need this information in another format such as audio CD, Braille, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

## Method 1

First wash your hands thoroughly, then tilt your head back and look at the ceiling. Gently pull the lower eyelid down until there is a small pocket.

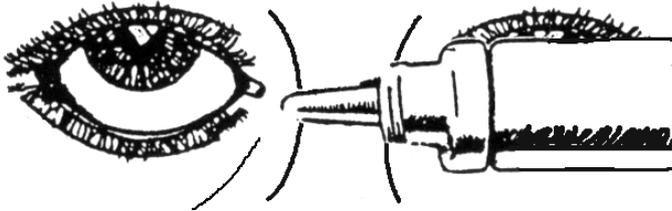


Squeeze the upturned dropper bottle to release a drop into your eye. Try to avoid touching the tip of the bottle against your eye. Then release the lower lid and close the eye for at least 30 seconds. Dry your eye with a clean tissue.



## Method 2

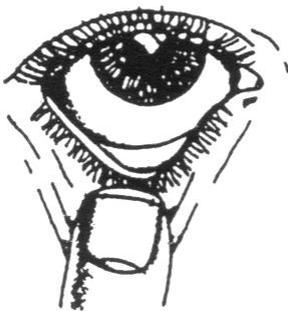
Once again wash your hands thoroughly. Then, lying down on a bed or settee, place the dropper bottle onto the bridge of your nose with the dropper end pointing towards the eye you are putting the drops into.



Looking straight up to the ceiling, gently pulling down the lower lid while the other hand squeezes the dropper until a drop is released from the bottle into the eye.

## Method 3

Wash your hands thoroughly once again. Standing in front of a mirror, pull the lower lid down on the eye until you have a small pocket.



Take the dropper and place a drop into the pocket, close the eye and keep it closed for at least 30 seconds.



If you have difficulty applying the drops with any of the first three methods, there are Eye Drop Dispensers available.

These dispensers are available for order at most chemists. Some are available free on prescription. Speak to the nurse in the eye clinic, who will be able to advise you.

## Remember

Do not share your drops with anyone else.

Bottles of eye drops should only be used according to the instructions on the bottle.

Once opened drops last between one and six months.

It may help to write on the label the date that you opened the bottle.

It may be helpful for you to identify different drops by sticking a coloured label onto each bottle.

Your eye drops can be kept in the fridge if stated on the bottle, but do not freeze them.

You can get a repeat prescription for eye drops from your GP, the doctor in eye clinic or the specialist eye nurse.

## Important

Never stop using your eye drops unless you are told to by a doctor or the specialist eye nurse.

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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