

How to use your eye drops

Ophthalmology

Information for Patients

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There are a few different ways to put in eye drops but the following is one of the easiest:

Make sure that you have the correct eye drops and that you know how often you need to apply them and for which eye. If you missed putting in your eye drops once, **do not** put in 2 times (double) the dose next time.

Wash you hands using soap and water and dry thoroughly.



Sit where you are able to bend your head backwards. You can lie flat, or stand in front of a mirror and bend your head backwards.

Shake the eye drop bottle and remove the cap. Place the cap on a clean surface on its side.



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Hold the bottle near its base using the thumb and forefinger of the hand of the opposite eye. If you are putting drops in your left eye, use your right hand to hold the bottle. If you are putting drops in your right eye, use your left hand to hold the bottle.



Rest the widest part of the bottle over the bridge of your nose so that the nozzle is positioned over your eye.

Using your free hand, gently pull down the lower eyelid of the eye you are going to treat. This will make a pouch between the eyeball and lower eyelid to catch the eye drop.



Tilt your head back. Look up. Gently squeeze the bottle until a drop falls onto the eye and into the pouch formed by your lower eyelid. Take care not to touch your eye or eyelid with the nozzle of the bottle.

Let go of your eyelid and gently close your eye. Keep your eye closed for at least 30 seconds. Do not squeeze the eyelids together or rub your eyes, as this could push the drops out of your eye. Try not to blink.



You may wish to apply gentle pressure to the corner of the eye at the bridge of the nose. This can help stop the medication from draining into your tear duct. If you have had recent eye surgery, ask your eye doctor whether you should apply this pressure or not.

Wipe away any excess drops on your cheek with a clean tissue.

Replace the cap securely on the bottle after use and throw away the paper tissue. The eye drops should be disposed of once the prescribed treatment is finished.

If there is more than one drop to be used at the same time, you should wait 5 to 10 minutes between the different eye drops.

After the treatment wash your hands.



If you have problems putting in the eye drops, please speak to your own opticians or pharmacist to find out more about various dispensing aids.

A useful reminder of how to best apply your eye drops is the phrase 'BEST DROPS':

- **Be sure** you have the correct drops and that you have thoroughly washed your hands.
- **Eye** - make sure you are treating the correct eye.
- **Shake** the bottle and remove the cap.
- **Tilt** your head back.
- **Do not** touch the eye or eyelid with the bottle.
- **Rest** the eye drop bottle on the bridge of your nose.
- **Opposite** - hold the bottle with the opposite hand to the eye you are going to treat.
- **Pouch** - pull down the lower eyelid using your free hand. This creates a pouch between the eyeball and inside of the lower eyelid.
- **Squeeze** - gently squeeze the drop into the pouch created by the lower eyelid.

Contact details

If you have any questions or you have any trouble using your eye drops, please contact the glaucoma specialist nurse on 07950 857 406 (Monday to Friday, 8.30am to 4.30pm).

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