

How to put in eye drops to get your child ready for their eye assessment

Orthoptic Eye Clinic

Information for Patients

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Introduction

Your child is due to have an eye test (assessment). This is to check if they need glasses and/or check the health inside their eyes. You will need to give your child eye drops before the appointment time. This will get them ready for the assessment. The eye drops relax the focusing of the eye and make the pupil bigger (dilate).

There are 3 types of drops we may give you:

- **Cyclopentolate eye drops:** These relax the focusing of the eyes for a short while. This lets us examine the health of the back of the eye. It also lets us carry out a test to see if glasses are needed. It helps us to know what prescription is needed (refraction test).
- **Tropicamide eye drops:** These dilate the pupil of the eye. This is to prepare for certain eye examinations. Tropicamide is regularly used with cyclopentolate in people with darker eyes. This is so the dilation process more effective.
- **Atropine eye drops:** These relax the focusing of the eyes for a short while. It works in a similar way to cyclopentolate. But this is longer lasting. It can make the dilation process more effective in people with darker eyes.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

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How and when to put in the eyes drops:

Do not put the drops into your child's eyes if they are out of date. Please contact the department if you have expired eye drops.

1. Wash your hands and check the expiry date of the drops before putting them in.
2. We will give you a small packet with individual eye drops called minim. You will need to twist the top off the eye drops to remove it. This will let you squeeze the bottle to put the drops into the eyes.
3. If you have been given both cyclopentolate and tropicamide to use.
Give cyclopentolate first. We will record which drops we have been given to you on the last page of this leaflet.
4. The drops should be put in the eyes between **20 minutes to 1 hour before** your appointment time.
5. When you put the drops in you may find it helpful to have help from another adult. Or lay down your child facing the ceiling. Or you may wish to do this while your child is asleep. Make sure there is no more than 1 hour until the appointment.
6. Hold the eye drops in your dominant hand. Use the other hand to gently pull down the lower eyelid to form a pocket (as shown in the picture). Encourage your child to look up to the ceiling. Squeeze at least **1 drop** into this pocket. It is normal for the drops to sting briefly when first put in. Repeat this step for the other eye.
7. If you are not sure if the drop went in, you can give another drop. This is safe to do.
8. Make sure that the **minim does not touch the surface** of the eye as this may cause injury.
9. You may press gently on the inner corner of the eyes after giving the drop, as shown. This is to stop the drops from draining away too soon. You can then gently wipe your child's face.
10. The drops may take about 30 minutes to take effect.



If you are not successful in giving the eye drops please contact the department to get advice.

What effects will the drops have?

The drops should:

- cause the black part of the eye (pupil) to dilate.
- blurry vision, specially for near tasks, for example reading.
- make your eyes sensitive to light. You may need to put sunglasses or a sun hat on your child if it is bright weather.

The effects of these drops are temporary. When using cyclopentolate and/or tropicamide these effects may last up to 24 to 48 hours (1 to 2 days).

If using atropine these effects can last up to 7 days. Your child's pupil can be dilated for as long as 14 days.

Can there be any side effects?

Do not give the eye drops if your child has had a reaction to the drops before. Please make the clinician know if your child has had a reaction before.

If you notice any signs of a severe allergic reaction please get urgent medical advice by calling the NHS helpline on **111**, or emergency services on **999**.

Here are some of the temporary side effects of the eye drops (rare):

- flushing of skin
- dry mouth
- behavioural changes
- problems going to the toilet

You should report any eye pain or unusual symptoms to the orthoptist or optometrist on arrival.

Warning: Atropine is poisonous if taken by mouth. Keep all medicines out of reach of children.

Storage and disposal

- Store in a cool, dark place safely out of the reach of children.
- You should throw away the small packet the drops came in into your general waste bin.
- You must return the individual eye drops to the hospital or your local pharmacy to be disposed of in a clinical waste bin.
- You should return any unused drops to the department.

Which type of eye drops has my child been given?

The drops you may be given to prepare for your child's eye assessment will be recorded here:

Eye drop	Right eye	Left eye	Batch number	Expiry date	Time of installation
Cyclopentolate 1%					
Cyclopentolate 0.5%					
Tropicamide 1%					
Atropine 1%					

Notes:

Contact details

If you have any questions or concerns please contact the department on **0116 258 5277**

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

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