



# HOW TO USE EYE DROPS

Tips on how to administer  
eye drops accurately and  
comfortably

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**NATIONAL EYE  
HEALTH WEEK**

MONDAY 24 – SUNDAY 30 SEPTEMBER 2018

**YOUR VISION MATTERS**

# YOUR GUIDE TO USING EYE DROPS

**Whether you use regular prescription eye drops for treating conditions such as glaucoma or you're using some non-medicated drops from your pharmacy, here's our guide on to how to use them.**

Carefully wash and dry your hands.

Find a comfortable position (sitting on a chair, standing in front of a mirror, laying on a bed).

Shake your drop bottle gently.

Lean back and pull down your lower eyelid.

Hold the bottle with the tip close to your eye (around 5 to 7cms away). Squeeze to administer one drop.

Close your eye and put your finger over the inner corner of your eye for up to two minutes.

Repeat with your other eye, if necessary. If you have to administer more than one type of eye drop, wait five minutes.

If you wear contact lenses, remove the lens before you administer the drop and wait 15 minutes before putting the lens back in your eye.

Get into a routine; if your eye drop doesn't need to be in the fridge, put the bottle by your toothbrush.

If you use a drop more than once a day, make sure the times are evenly spaced.

If you don't know if a drop has gone in the eye, try keeping the bottle in the door of a fridge, you will then feel the drop going in the eye.

For more information about looking after your eyes visit **[www.visionmatters.org.uk](http://www.visionmatters.org.uk)**

**THIS GUIDE SHOULD NOT REPLACE ADVICE GIVEN BY YOUR EYECARE PRACTITIONER**