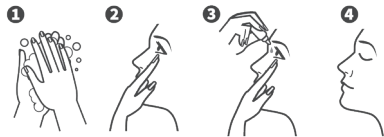


the times are evenly spaced.

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

This guide should not replace advice given to you by your healthcare practitioner.

Review: Sept 2020



Published by Eye Health UK (registered charity 1086146) for National Eye Health Week 2019.

For more info about looking after your eyes visit www.visionmatters.org.uk

Eye drops and how to use them



**NATIONAL EYE
HEALTH WEEK**
MONDAY 23 - SUNDAY 29 SEPTEMBER 2019
YOUR VISION MATTERS

Tips on how to administer eye drops accurately & comfortably

Whether you use regular prescription eye drops for treating conditions such as glaucoma or you're using 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 (5 to 7cms away) and

slowly squeeze to administer a 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 between putting the next drops in.

If you wear contact lenses, remove the lens before you administer the drop and wait 15 minutes before putting the contact 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