

# Patient Information

# Administering Eye Drops

---

## Introduction

This leaflet explains how to put drops into your eyes.

## Instructions

- Wash your hands.
- Take off the top of the bottle.
- Bend your head backwards, or preferably lie flat and gently pull your lower eye lid down.
- Hold the dropper bottle vertical above one eye, this will help the drop come out of the bottle more easily.
- Squeeze one drop into the pocket formed by pulling down the lower eye lid (see figure 1). Try not to touch your eye, eye lashes or anything else with the dropper tip.

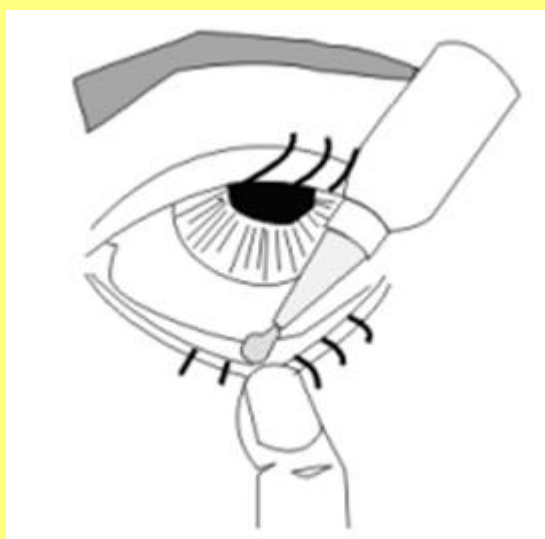


Figure 1 shows where you should put the eye drop.

- Let go of the eye lid and continue leaning your head backwards for a couple of minutes. This allows the drops to absorb properly. Your healthcare professional will show you how to do this.
- Wipe away any liquid that falls onto your **cheek** with a tissue.
- Repeat in the other eye if the drop is prescribed for both eyes.
- When two different eye drop preparations are used at the same time of day, wait for at least ten minutes before putting the second preparation into the eye.
- This allows the first preparation to 'settle in' and not be washed out by the second one if it is put in too quickly.

### **If you have any questions after reading this leaflet:**

Please contact the **Urgent Referral Clinic** team at Russells Hall Hospital Eye Clinic on **01384 456111 ext. 3633 (9am to 4.30pm, Monday to Friday)**.

### **Eye emergency, out of hours**

In case of an eye emergency after the closing hours of the Eye Clinic at Russells Hall (including weekends and bank holidays), please contact:

#### **Birmingham and Midland Eye Centre on 0121 507 4440**

The doctor on call is usually based at the Eye Centre, City Hospital, Dudley Road, Birmingham. They may need to call you back, and if necessary, they will arrange for you to visit them.

#### **Note:**

The information in this booklet is provided for information only. The information found is **not** a substitute for professional medical advice or care by a qualified doctor or other health care professional. **Always** check with your doctor if you have any concerns about your condition or treatment. This is only indicative and general information for the procedure. Individual experiences may vary and all the points may not apply to all patients at all times. Please discuss your individual circumstances with your eye doctor.

Author: Julia Phillips – Lead Nurse / Advanced Glaucoma Practitioner

This leaflet can be downloaded or printed from  
<http://dgft.nhs.uk/services-and-wards/ophthalmology/>

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات  
08000730510 أخرى، الرجاء الاتصال بالرقم

此宣传单可提供大字版本、音频版本和其它语言版本，  
请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji  
audio lub w innym języku. W tym celu zadzwoń pod  
numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ  
ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ,  
0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu  
caractere mari, versiune audio sau în alte limbi,  
pentru acest lucru va rugăm sunați la  
0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر  
زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر  
08000730510 پر رابطہ کریں۔