



**NATIONAL EYE
HEALTH WEEK**
MONDAY 18 – SUNDAY 24 SEPTEMBER 2017
YOUR VISION MATTERS

HOW TO USE EYE DROPS



...because 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 to how to use them.

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** or follow **@MyVisionMatters**