

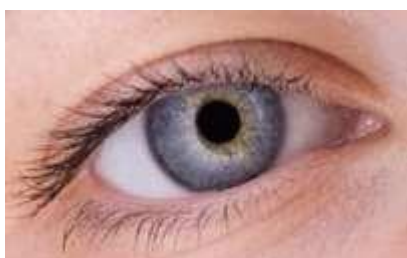
Eye Drops



How to use eye drops

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Easy read factsheet



Eye drops are medicines that go into the front of your eye and in your eyelids



If you have problems with your eyes your GP or eye doctor might ask you to use eye drops



It is very important to use your eye drops. Your GP or eye doctor will tell you when you need to use them



This factsheet explains how to use eye drops

How to use eye drops

Wash your hands with soap



Shake the bottle of eye drops, then take off the lid



Sit or stand in front of a mirror



Lean your head back

Pull down your bottom eyelid with one finger



Hold the bottle with your other hand

Bring the bottle up in front of your eye



Gently squeeze the bottle, a small drop should fall into your eye. Be careful not to let the bottle touch your eye



Close your eye gently.

Press softly on the inside corner of your eye for 1 minute



If you use different types of eye drop medicine, wait 5 minutes before putting in a different eye drop



It might take some time to learn how to use the eye drops. Keep practising with your eye drops. Each time will get easier



If you find it difficult putting your eye drops in, you could use an eye drop dispenser



You can try different types of eye drop dispenser



Remember to wash your hands after using your eye drops

Things to remember

 <p>DO</p>	 <p>DON'T</p>
 <p>DO remember your eye drops</p>	 <p>DON'T drink eye drops</p>
 <p>DO remember to order more eye drops</p>	 <p>DON'T stop using eye drops until the doctor says OK</p>
 <p>DO take out contact lenses before using eye drops</p>	 <p>DON'T rub eye drops on your eyes</p>
 <p>DO try and take your eye drops at the same time every day</p>	 <p>DON'T let other people use your eye drops for their eyes</p>
 <p>DO check if your eye drops need to be stored in the fridge</p>	 <p>DON'T use the drops after the use by date</p>

For more information on eye health please look at our other factsheets on our website:

www.seeability.org/looking-after-your-eyes



This factsheet has been made by SeeAbility with the International Glaucoma Association

www.glaucoma-association.com

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