

Eye Drops

How to use eye drops.



Easy read fact sheet



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.

What to do and what not to do.



Do remember your eye drops.



Do remember to order more eye drops.



Do take out contact lenses before using eye drops.



Do try and take your eye drops at the same time every day.



Do check if your eye drops need to be stored in the fridge.



Don't drink eye drops.



Don't stop using eye drops until the doctor says.



Don't rub eye drops on your eyes.



Don't let other people use your eye drops for their eyes.



Don't use the drops after the use by date.

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



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

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