

How to use eye drops



Easy read guide



Eye drops are medicines for your eyes.



If you have problems with your eyes, your doctor might ask you to use eye drops.



Eye drops go into the front of your eye and in your eyelids.



It is very important to use your eye drops.

Your doctor will tell you when to use them.

How to use eye drops



1. Wash your hands with soap.



2. Shake the bottle of eye drops.



3. Take the lid off.



4. Sit or stand in front of a mirror.



5. Lean your head back.



6. Pull down your bottom eyelid with one finger.



7. Hold the bottle with your other hand.

8. Bring the bottle up in front of your eye.

9. Gently squeeze or tap the bottle.

A small drop should fall into your eye.



10. Close your eye gently.

Do not rub your eyes.



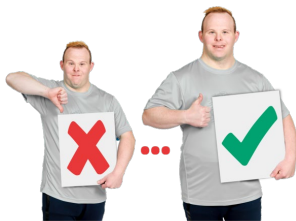
11. Press softly on the inside corner of your eye for 1 minute.



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 putting in eye drops difficult, you could try an eye drop dispenser.



You can get different types for free from [Glaucoma UK](http://GlaucomaUK.com).

Helpful tips



Take your eye drops when your doctor has told you to.



Try to take your eye drops at the same time every day.



If you have contact lenses, take them out before putting in your eye drops.



Wash your hands after using your eye drops.



Check if your eye drops need to be kept in the fridge.



Do not stop using your eye drops until the doctor tells you to.



Do not let other people use your eye drops on their eyes.



Do not use the drops after the use by date.



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