

Top tips

Do you sometimes forget to take your medication?

- 💧 Create a chart with the days of the week so that each drop can be ticked off.
- 💧 Establish a routine and stick to it. For example it might help to put your drops by your toothbrush so that you remember to put them in when you brush your teeth.
- 💧 If you forget to take a drop, apply the medication as soon as you remember, but check the details of your particular medication with your pharmacist.

Do you have problems with shaky hands, holding or squeezing the bottle?

- 💧 If your hands are shaking try approaching your eye from the side and resting your hand on your face to steady it.
- 💧 If you continue to have problems with shaky hands, holding or squeezing the bottle, ask your pharmacist about assistive devices such as Opticare® eye drop dispensers.

Opticare®
Eye drop dispensers

AVAILABLE ON
PRESCRIPTION

Are you taking more than one eye drop medication?

- 💧 Use drops in order e.g. by colour or by bottle size.
- 💧 If you have difficulty telling the difference between bottles of eye drops use elastic bands around the bottles to distinguish them.
- 💧 Keep eye drops in the fridge (*not the freezer*) so that you can feel them go into your eye more easily. (*Check the drug information leaflet or ask your pharmacist whether your drops can be stored in the fridge.*)

Are you instilling eye drops in children?

- 💧 Have the child place their hands on your shoulders and look up into your face or ask your pharmacist about assistive aids such as Opticare.

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www.opticare.org.uk

Other useful contacts

International Glaucoma Association

SightLine 0870 609 1870
www.glaucoma-association.com

RNIB

Helpline 0845 766 9999 www.rnib.org.uk

British Sjögren's Syndrome Association

Helpline 0121 455 6532 www.bssa.uk.net

NHS Direct

Helpline 0845 4647 www.nhsdirect.com

Need more leaflets? To re-order contact
Cameron Graham Ltd quoting Ref CG1106

Top tips for eye drop success

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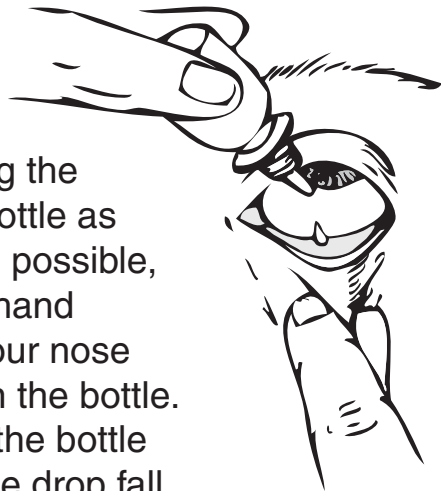


Seven steps for eye drop success

1 Wash your hands.

2 Remove cap from bottle and place cap to one side on a clean tissue.

3 Relax and take your time. Tilt your head backwards whilst sitting, standing or lying down and look up. Use your index finger and thumb to gently pull down your lower lid to form a pocket.



4 Holding the dropper bottle as upright as possible, rest your hand against your nose to position the bottle. Squeeze the bottle and let one drop fall into the pocket.

5 Slowly release the lower lid. Keep the eye closed for around 2 minutes whilst applying light pressure with your index finger to the inside corner of your closed eye near the nose.

This will keep the drops in contact with your eye but prevent them from getting into your bloodstream through your tear duct.



6 Put the cap back on the bottle.

7 Blot around the eye with the clean tissue to remove any excess. Re-wash your hands.

“Compliance is the most important factor in the management of chronic conditions across all disease areas. The International Glaucoma Association is pleased to support this Opticare initiative which can only help to improve the situation.”

David Wright, Chief Executive



Remember

- Follow your doctor's instructions. Take your medication on time every time.
- Always wash your hands before putting in your eye drops.
- To avoid contamination, never touch the nozzle of the dropper bottle and avoid contact with the eye.
- After the first drop, wait 5–15 minutes before instilling any further eye drop medication, to prevent the first from being washed away.
- Never use drops after their permitted 'opened' expiry date.
- Hand in any unused or expired medicines to your local pharmacist.
- If you use soft contact lenses, remove them before instilling eye drops and wait at least 15 minutes before re-inserting them.
- Store eye drops and all medicines out of the reach of children.