

Eye drops



How to use eye drops

International
Glaucoma
Association
iga
The Charity for People with Glaucoma
Established 1974

See Ability
Seeing beyond disability

SeeAbility 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 doctor might ask you to use eye drops.



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



This factsheet explains how to use eye drops.



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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 and 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 take out contact lenses before using eye drops</p>	 <p>DON'T stop using eye drops until the doctor says OK</p>
 <p>DO remember to order more 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>



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



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:

www.seeability.org/sharing-knowledge



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<http://www.glaucoma-association.com/>



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