

# Tips for administering your own eye drops



Wash your hands thoroughly to avoid introducing any bacteria to the eye to the eye which may cause an infection.

If there is any stickiness around the eyelid, it may be necessary to clean the eye with cotton wool and water that has been boiled but allowed to cool completely.

Eye drops should be applied just inside the lower lid. The easiest way to do this is to look upwards and gently pull down the lower lid with your other hand.

Some individuals may find it beneficial to stand in front of a mirror, or lie down on a flat surface.

Try not to let the dropper come into contact with your eye or eyelashes, as this can spread infection.

Apply the prescribed number of drops, being careful not to add too many.

Let go of your lower lid and blink to allow the drops to spread across the surface of the eye.

Wipe away any excess liquid with a tissue.

Make sure you know whether your eye drops are for single use only, or to be used over a period of weeks. Resealable eye drops that contain the right amount of drops for 12 hours are also available.

Make sure you throw the bottle away after the recommended period of time, obtaining new eye drops if necessary. If helpful, write the date you opened the eye drops on the bottle.

Store your eye drops as advised, often this will be in a cool, dark place.

Many eye drops are not to be used with contact lenses so it's important to check this. If possible, look for preservative-free eye drops that are safe to use with contact lenses.

**Produced by Clinitas, specialist products for the relief of dry eye.**

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# Tips for administering eye drops for others



It is important for healthcare professionals to carefully assess each individual's ability to administer their own eye drops.

Individuals with reduced dexterity of the hands (for example due to arthritis), may not be able to open or squeeze the dropper bottle to administer their own eye drops.

Wash your hands thoroughly to avoid introducing any bacteria to the eye.

Explain to the person receiving the eye drops how you are going to administer them.

Ask the person to look up, carefully pull down the lower lid slightly and then administer the prescribed number of drops just inside the lower lid (the lower fornix of the eye).

Ensure the dropper does not come into contact with the eye or eyelashes.

Let go of the lower lid and ask the person to blink, so that the drops to spread across the surface of the eye.

Ask the person wipe away any excess liquid with a tissue.

If you are confident the individual can administer their own eye drops in the future, it may be beneficial to oversee them applying the eye drops to their other eye (if necessary).

Explain that they may find it easier to apply drops when looking in a mirror or when lying flat.

Make sure the person knows whether or not the eye drops are for single use or to be used over a period of weeks.

Resealable eye drops that can be used for 12 hours are also available.

Make sure they know to throw the bottle away after the recommended period of time, obtaining new eye drops if necessary.

Make sure the person knows how to store their eye drops, often this will be in a cool, dark place.

Many eye drops are not suitable for use with contact lenses so it's important to check this.

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