

## Eye drops and eye ointment

This leaflet contains information about the importance of applying eye drops or eye ointment correctly. It provides extensive instructions on how to administer eye drops to yourself and to someone else. These instructions were developed by The Rotterdam Eye Hospital.

### Purpose of the medication

In general, you will receive a prescription for eye drops or eye ointment after a visit to the eye doctor or after an eye operation. These medicines will, for example, help to prevent inflammation. Therefore we recommend that you follow the doctor's orders. Continue to use the eye drops or eye ointment until the next visit to the eye doctor or for as long as the eye doctor has prescribed.

### Points of interest

Read the package leaflet so you will know how to store the medicines and what side effects you can expect. If the text is too small for you to read, ask the pharmacist for a copy with enlarged print.

When you open the bottle or tube, write the date on the label, so that you will not accidentally continue to use it past its expiration date. Most medications can be stored for 1 month after opening. More information regarding storage duration can mostly be found on the packaging or at the pharmacy.

After applying the drops or ointment, clean the bottle or the tube with a clean tissue if it has come in contact with eyelids or eyelashes.

If the eye ointment is too thick or sticky, hold it in your hands for two minutes before using it. This will make the eye ointment thinner, allowing it to flow more easily.

### Contact lenses

If you wear contact lenses, it is preferable to administer your eye drops in the morning, before you put in your lenses, and in the evening, after you have removed your lenses. If you apply eye drops more often during the day, you have to take out your contact lenses. Hard contact lenses can be worn directly after applying eye drops. Soft lenses can only be worn after 30 minutes. The preservative in the eye drops can be harmful for soft contact lenses. This does not apply for one-day contact lenses. After applying eye ointment, you cannot wear lenses for 8 hours.

### Dosage and medication times

It is important to use one drop at a time. Otherwise, the second eye drop will wash the first one out of the eye. If you use more than one types of eye drops, wait at least 5 minutes between each drop. If you use eye drops as well as eye ointment, apply the eye drops first, and then apply the eye ointment 5 minutes later.



## Eye drop instruction

Applying eye drops correctly will promote the healing of your eye.

If you administer the eye drops yourself, follow these steps:



1. Wash your hands with soap and dry them well.



2. Sit down with your back straight. Take the bottle with eye drops in one hand as if you are holding a pen.



3. With the fingertips of your other hand, carefully pull the lower eyelid down, creating a pocket. Let the palm of your hand rest on your chin.



4. Bend your head backwards and look up with both eyes. If you cannot do this, you can also lie down.



5. Put the hand with the bottle, on the hand that is making the pocket. Put the bottle above your eye. Don't touch the eye, eyelids or eyelashes with the bottle.



6. Squeeze the bottle gently and let one drop fall in the pocket. Close your eye (don't squeeze!), bend your head to a normal position and sit up straight again.



7. Close the tear duct directly for at least 1 minute by pressing softly below the little knob in the inside corner of your eye (nose side) to prevent side effects. You can open your eyes now.

Do you still suffer from side effects, then close the tear duct for 5 minutes.



8. Wash your hands with soap, dry them well and close the bottle. It's normal for your vision to be slightly hazy, misty or blurry after applying eye drops or eye ointment.

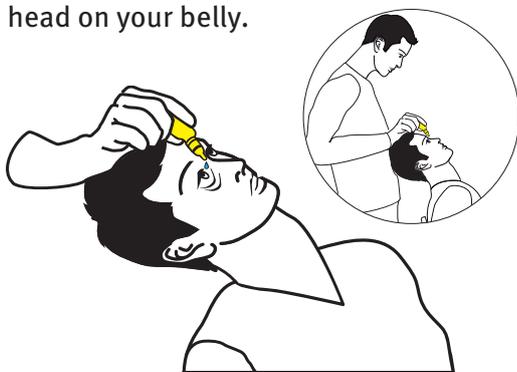
If you administer eye drops on both eyes, we recommend to perform the steps for each eye.

## To administer eye drops to someone else

If you are a care giver and have to apply eye drops to someone else, follow the same steps as above. For you we have some extra advices:



1. Both, wash your hands with soap and dry them well. Let the patient sit down. Stand behind the patient. Let the patient bend the head backwards and look up with both eyes. The patient can rest his/her head on your belly.



3. Let the patient pull down the lower eyelid with the index finger to create a pocket. You can also do this yourself with the thumb of your other hand.



2. Let your hand rest on the temple, forehead or nose of the patient and keep the bottle above the eye. Don't touch the eye, eyelids or eyelashes.



4. Squeeze the bottle gently and let one drop fall in the pocket. Let the patient close the tear duct directly for at least 1 minute.

Let the patient bend his/her head to a normal position and sit up straight again. Both, wash your hands and dry them well. Close the bottle.

## Eye drop aids

If you have problems applying eye drops you can ask advice to The Eye Pharmacy, the nurse, homecare or at your pharmacy. They can instruct you on techniques and eye drop aids. The kind of eye drop aid you need depends on the kind of eye drop bottle you use. On [www.oogdruppelen.nl](http://www.oogdruppelen.nl) you can find a summary of all eye drop aids available in Holland.

## More information

Information from this leaflet can be found on [www.oogdruppelen.nl](http://www.oogdruppelen.nl) or on [www.oogziekenhuis.nl](http://www.oogziekenhuis.nl). On these websites you can find an instructional film about applying eye drops or eye ointment correctly. You can also download the eye drop instruction (in dutch) for free on your smartphone. In the App Store and Google Play, you can find the app under the name 'OOGdruppelen'. In addition to the eye drop instruction, the app also features a reminder feature, so that you know when you have to apply your eye drops on your own set times.