

**Patient
Information**

Eye drops

Introduction

This leaflet gives you information on how to use the eye drops you have been prescribed. Different ways of using your eye drops are explained step by step.

A useful chart to note down your doses is also provided.

Before using your eye drops

- Always check that you have the correct eye drops.
- Wash your hands before putting in your eye drops.
- Do not touch the dropper tip of the bottle or let the tip touch your eyes.
- If more than one type of eye drop is to be used, allow a few minutes between them for your eyes to get the full benefit.
- If you need to use eye drops and ointment, always remember to use the eye drops first.

How to apply your eye drops?



Figure 1: Rest the bottle on your forehead

Reference No.

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Department

Ophthalmology

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- Relax and take your time.
- Remove the top from the drop bottle and place on a clean tissue.
- Sit in a comfortable chair or lie on a bed with your head tilted backwards.
- Rest the drop bottle on your forehead, above the eye. Look up at the ceiling.
- Gently pull your lower eyelid down with one finger to create a pocket between your eye and lower lid.
- Now gently squeeze a drop into the formed pocket. If you miss, please try again.
- Press gently on the tear duct (inner corner of the eye) with one finger for a minute.
- Close your eye and blot any excess drops with a clean tissue.
- Replace the top on the drop bottle.

Alternative method

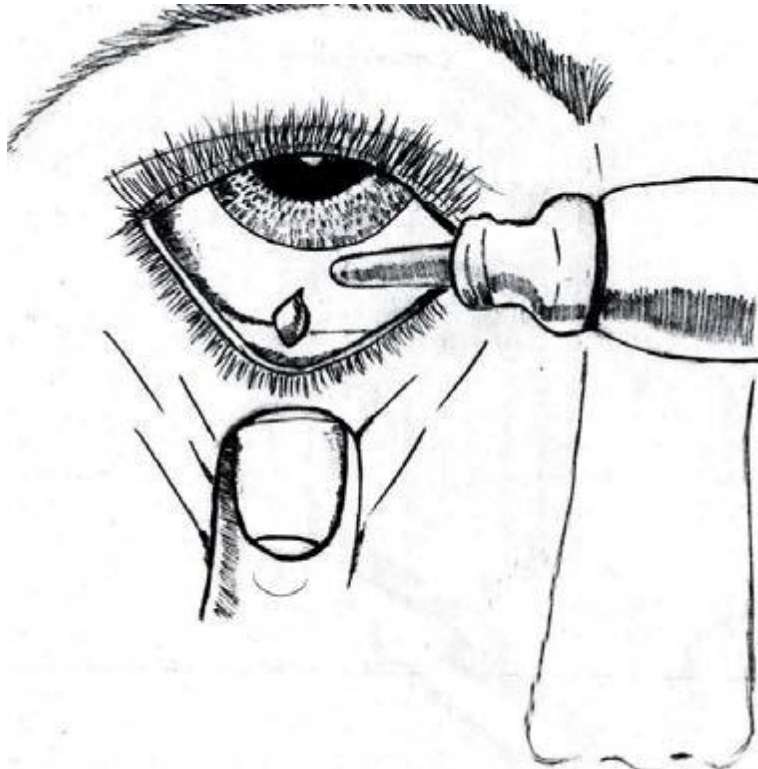


Figure 2: Place the bottle across the bridge of your nose

- Instead of placing the bottle on your forehead, the bottle can be placed across the bridge of your nose, with the bottle tip above the eye.

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- Hold the bottle in the opposite hand to the eye in which you are putting the eye drop.
- Follow the procedure as before.

Remember

- Do not share your eye drops with anyone else.
- Never stop using your eye drops, unless told to by a healthcare professional.
- Do not allow yourself to run out of eye drops. You can get repeat prescriptions from your GP.
- Keep the bottle closed and store in a cool place (unless otherwise advised to keep them, for example, in the fridge).
- Bottles of eye drops should only be used for a certain length of time after opening such as 4 weeks, the information leaflet inside will inform you. Throw away any eye drops after that time. It may be useful to write down the date that you opened the eye drops on the bottle label.
- Your eye drops may blur your vision for a short time after putting them in.
- Some eye drops may sting or irritate for a short period of time. Very occasionally some patients have an allergic reaction to the eye drops, contact your healthcare professional if your symptoms persist.
- Do not wear contact lenses while using the eye drops unless you have been told to continue to wear them. Some of the preservatives in the eye drops can build up in soft contact lenses and may cause harm.
- Do not drive or operate machinery until your vision has cleared.
- If you have difficulties with putting in your eye drops, dispensers are available at most chemists, but they may need to be ordered.
- Keep all medicine out of reach of children.

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Name of eye drops	Left or right eye	Date and time of use

Contact information

If you have any problems regarding your eye drops, please contact the Ophthalmology Eye Triage Line. This number is answered by a specialist nurse.

Eye Triage

Tel: 0300 422 3578

Monday to Friday, 8:00am to 1:00pm and 2:00pm to 5:30pm

Saturday, 8:00am to 1:00pm

For emergency advice outside of these hours, please call the hospital switchboard.

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted ask to speak to the operator, then the eye doctor on call.

Further information

Patient

Website: www.patient.info/health/how-to-use-eye-drops

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>