

Some other points to note:

- If possible, avoid using contact lenses during treatment with eye drops.
- Only one or two drops to be instilled – the space in the lower eyelid cannot hold any more than this at a time.
- Wait 3-5 minutes before instilling another drop into the eye – if more than one medication is prescribed.
- Drops which sting should be used last, in case they cause tears to flow.
- If you are using eye ointments as well as eye drops, use the ointment last.
- Replace dropper cap immediately after use.
- Discard the drops in accordance with the instructions on the label (this may be e.g., one week or one month).
- Once the course of treatment is completed do not store unused drops for future use.



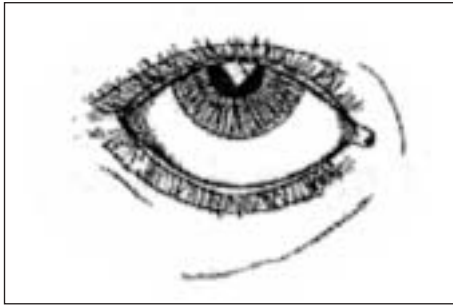
## *Patient Information*

# HOW TO INSTIL YOUR EYE DROPS

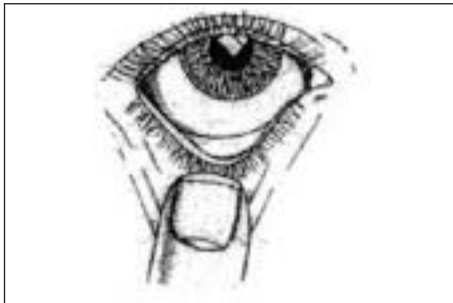
**ROYAL VICTORIA EYE & EAR HOSPITAL  
ADELAIDE ROAD,  
DUBLIN 2.**

Telephone: 01-6644600

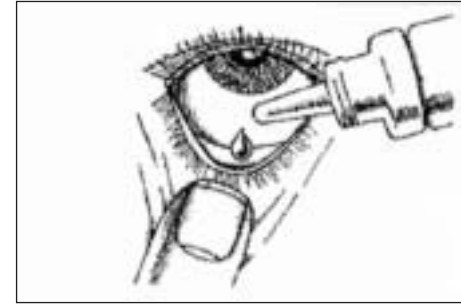
## WASH YOUR HANDS BEFORE INSTILLING EYE DROPS



1. Tilt your head back and look at the ceiling with your head well supported.



2. Gently pull the lower eyelid down until there is a small pocket.



3. Squeeze the upturned dropper bottle to release a drop into your eye. Avoid touching the tip of the bottle against your eye.



4. Release the lower lid gently, close the eye for 30 seconds.

**DO NOT RUB YOUR EYES AFTER INSTILLING THE DROPS**