

Oxford Eye Hospital

How to instil eye drops

Information for patients



How to instil your own eye drops:

1. Make sure that you have:

- The correct eye drops (and that you understand what they are for, how often you need to apply them and to which eye).
- Tissues



2. Wash your hands



3. Sit where you are able to bend your head backwards or lie flat



Alternatively, stand in front of a mirror and bend your head backwards

4. Take the top off the eye drop bottle and position the bottle over the bridge of your nose



or against your eyebrow



5. Gently pull the lower eyelid downwards and squeeze one drop inside the lower eyelid of the eye. (Try not to touch your eye or eyelashes with the tip of the bottle)
6. Blink a few times to spread the drop over the surface of the eye
7. Close your eye and gently dab dry with a clean tissue



8. Put the top back on the bottle and store your eye drops in a cool, dark place (e.g. in the fridge)
9. Wash your hands again.

How to instil eye drops into someone else

1. Follow steps 1- 3 as above
2. Remove the cap from the eye drop bottle and position the bottle over the eye (some people find it easier to rest their hand on their patient's forehead)



3. Gently pull the lower eye lid downwards
4. Squeeze the bottle until a drop is seen to fall into the eye
5. Ask the patient to blink a couple of times and then gently dab with a clean tissue
6. Put the top back on the bottle and store your eye drops in a cool, dark place (e.g. in the fridge).
7. Wash your hands again.

Please note that certain types of eye drops sting when you first put them into the eye. You should be warned which

drops will sting. Prolonged stinging, redness or any other unusual visual symptoms should be reported to your GP or the Eye Doctor at your next appointment.

Unless you are told otherwise you should not wear contact lenses in the affected eye for the course of the treatment.

Most eye drops will expire after one month of opening. This can vary between the different types of eye drops. Please check the drop bottle label or ask the Nurse, Eye Doctor or Pharmacist if you are in any doubt.

Questions or concerns

If you have any questions about your eye drops, please ask a member of the nursing team for advice. You may contact the eye nurses on:

01865 231099

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473** or email **PALSJR@orh.nhs.uk**

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