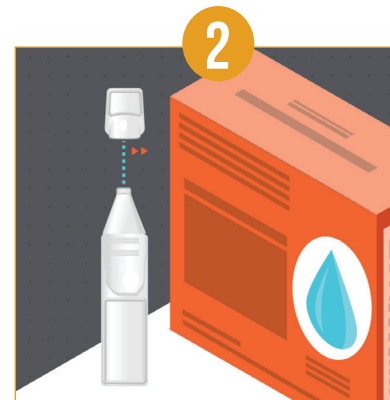


1. Before opening the vial and putting eye drops in your eyes, remember to wash your hands with soap and water for 20-30 seconds.



2. Open the eye drop vial and do not let the tip touch your eyes, fingers, or anything else.



3. Tilt your head back and look up.



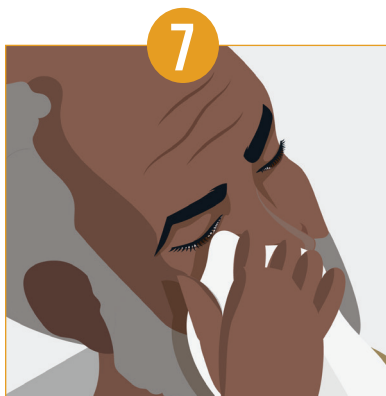
4. With your free hand, gently pull down your lower eyelid to create a “pouch” or “pocket.”



5. Using your other hand, gently squeeze the belly of the vial until a drop falls into the pocket.



6. Gently close your eyes for 30 seconds to 1 minute and lightly press on the inside corners of your eyes. This gives the drop time to be absorbed by the eye.



7. Carefully blot away excess liquid that may be on your skin.



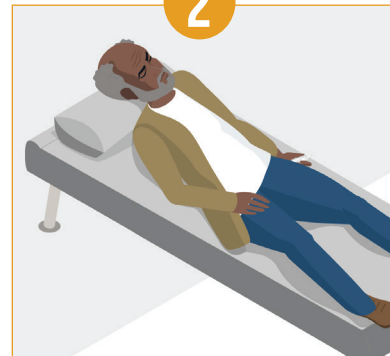
8. Repeat the same procedure with the other eye.

1

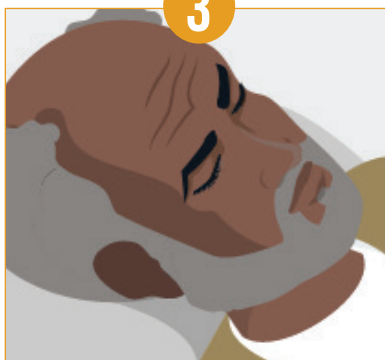
FOLLOW STEPS 1-2 ON PAGE ONE FOR PREPARING THE DROPS

1. Follow steps 1-2 on page one for preparing the drops.
2. Lie down on a bed or couch.
3. Keep your eyes closed.

2

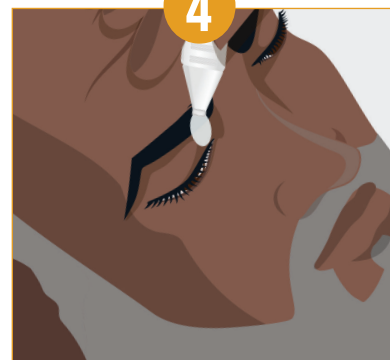


3

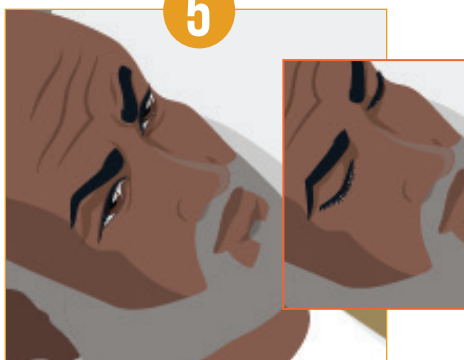


4. Without touching the vial to your eyelid, put an eye drop in the corner of your eye near your nose.
5. Open your eyes and blink several times to let the drop enter the eye.

4



5



6. Follow steps 6-8 on page one for after the administration of eye drops.

6

FOLLOW STEPS 6-8 ON PAGE ONE FOR AFTER THE ADMINISTRATION OF EYE DROPS

ADDITIONAL TIPS:

1

A family member or caregiver can help if you have difficulty putting in your eye drops.

2

There are eye drop assistance devices, which come in several forms. These devices can help with squeezing the vial, keeping the eye open, and aiming the eye drop. You can ask your healthcare professional about the right device for you.

TO VIEW A VIDEO ON HOW TO ADMINISTER EYE DROPS GO TO WWW.EYEDROPINSTRUCTIONS.COM

REFERENCES:

1. Gudgeon DT. How to put in eye drops. American Academy of Ophthalmology. September 28, 2018. Accessed April 23, 2020. <https://www.aao.org/eye-health/treatments/how-to-put-in-eye-drops>.
2. Boyd K. Eye medication mix-ups. American Academy of Ophthalmology. July 31, 2019. Accessed April 23, 2020. <https://www.aao.org/eye-health/treatments/eye-medication-mix-ups>.
3. Boyd K. Lubricating eye drops. American Academy of Ophthalmology. August 15, 2018. Accessed April 23, 2020. <https://www.aao.org/eye-health/treatments/lubricating-eye-drops>.
4. Rushing J. Administering eyedrops. *Nursing*. 2007;37(5):18. doi 10.1097/01.Nurse.0000268750.66057.92

