



Patient & Family Guide
2022

Using Eye Drops

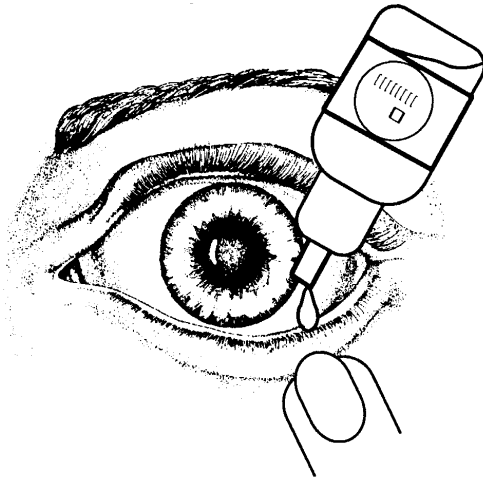
Aussi disponible en français :
Utilisation des gouttes pour les yeux (FF85-2096)



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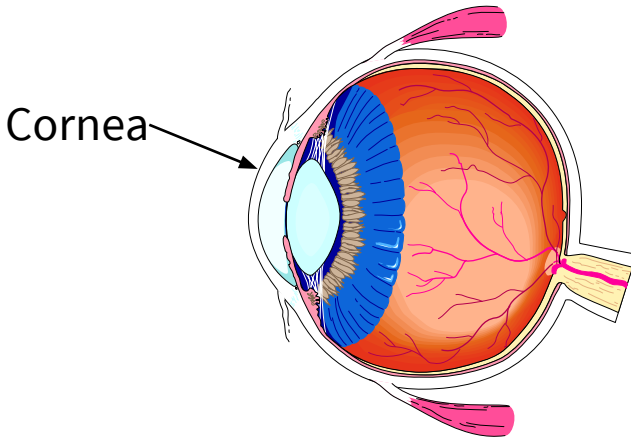
Using Eye Drops

- Wash your hands well with soap and water.
- Shake the eye drop bottle well.
- You may sit or lie down on your back. Tilt your head back.



- Open both eyes and look up. With one finger, gently pull your lower eyelid down.
- With the eye drop bottle in your other hand, hold it as close as possible to your eyelid without touching it. Place one drop in the pocket made when your lower eyelid is pulled down.

- **Do not** place drops on the sensitive cornea, as this will cause stinging.



- **Do not** touch your eyelid or eye with the tip of the bottle.
- Close your eye gently and keep it closed for one full minute. With a tissue, gently remove any extra drops from your cheek.
- Place only one drop at a time in your eye, as directed. If you need more than one drop, wait 5 minutes between drops.
- **Do not** stop using your drops unless you are told to do so by your eye doctor.
- Wash your hands well with soap and water after putting drops in your eyes.

Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this pamphlet is to be updated every 3 years or as needed.