



How to use your eye drops

Eye drops work in different ways, and to help you use them most effectively please speak to your clinician, nurse or pharmacist to ensure that you understand why you are using your eye drops, how to use your eye drops and when to use your eye drops.

It is essential to use your eye drops as regularly as your clinician has instructed to help treat your condition as effectively as possible.

However, eye drops are not the easiest of medicines to administer, and whether you are administering them to yourself or to another person there are several reasons it can be tricky to put them into the eye.

For instance, patients have reported feeling their arm/hand shaking whilst holding the bottle above their eye and experiencing drops run down their face and into their mouth, leaving an unpleasant taste.

It is important to ensure that you position your eye drop bottle accurately over your eye at a safe distance and angle so the whole drop falls into the eye. This also helps ensure you don't damage your eye surface, or

contaminate the nozzle should it touch your eye or surrounding skin.

Together with our patients, we have developed the popular 'wrist-knuckle' technique to help make putting in eye drops easier and safer. Please read the step by step guide below for more information.

Wrist-knuckle technique

1. Check the expiry date on your eye drop bottle, and shake if required.
2. Wash your hands before opening the bottle.
3. Lie down or sit down and tilt your head back.
4. Make a fist with one hand and use your knuckles to pull your lower eyelid downwards. Place your other hand with the eye drop bottle onto your knuckles (see figure 1).
5. Look up and squeeze one drop into your lower eyelid, making sure the nozzle does not touch your eye, eyelashes or eyelid.

6. Close your eye and press gently on the inner corner of your eye for 30-60 seconds to ensure the drop is fully absorbed.



Figure 1: Wrist-knuckle technique

If this technique is difficult for you to follow, there are several gadgets available called compliance aids, which can help make putting in drops easier. These are available for Moorfields patients from the pharmacist or clinic nurse at all our sites.

Please be aware that some eye drops may sting or irritate for a short while after putting them in, but please do let a pharmacist or clinician know if symptoms become worse or if you experience any other side effects.

Top tips when using eye drops

- Wash your hands and shake the bottle before use.
- Never share your eye drops with anyone else.

- Store them as instructed, whether that is at room temperature (never near a radiator) or in the fridge.
- Use your drops only within the expiry date on the bottle, and within the expiry once opened. This is usually 28 days once the bottle is open, but can vary for different eye drop bottles, so always check to ensure they are safe to use. This is to ensure they are not contaminated or have become less effective. It is a good idea to write the date that you open the bottle onto the label so you know when it will expire.
- Order further supplies from your GP before your bottle has finished. This will ensure that you do not run out of drops. Please note: Moorfields does not issue repeat prescriptions. These will be issued by your GP at your request if required.
- Use your eye drops at the same time each day, and as evenly spaced out throughout the day as possible.
- Only administer the number of drops advised by your clinician, which is usually just one drop.
- If you feel that you may have missed your eye when instilling a drop, you can safely try again immediately. Any excess volume will simply run out of your eye and will not cause harm to your eye.

- If you are using more than one type of drop in the same eye, remember to leave a five minute gap between drops to allow the first drop to be absorbed. Otherwise, the second drop will wash the first drop out, causing it to have been ineffective.
- If you are using an eye ointment at the same time as your eye drops, always use your eye drops first and leave a five minute gap before using the ointment.
- If applicable, check with your clinician, nurse or pharmacist if you should remove your contact lenses before using your drops.
- If you are having difficulty opening your drop container or bottle, or having difficulty squeezing a drop into your eye, speak to your doctor or pharmacist. Drop administration aids or alternative drop containers/bottles are often available.

Need further advice?

We are always very happy to help you with putting in your eye drops. For more information:

Watch a video tutorial on best techniques for administering your eye drops on the Moorfields Eye Hospital YouTube channel:

www.youtube.com/moorfieldseye

Follow our #KnowYourDrops campaign which is run by Moorfields pharmacy to support patients and their carers with

administering eye drops effectively. Follow us on social media to find out when our next free drop-in session will be taking place at various sites.

Twitter: @moorfields
#knowyourdrops

Email:
knowyourdrops@moorfields.nhs.uk

Webpage:
www.moorfields.nhs.uk/knowyourdrops

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Moorfields Direct telephone helpline
Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324/ 020 7566 2325
Email: moorfields.pals@nhs.net
Moorfields' PALS team provides confidential advice and support to help you with any concerns you may have about the care we provide, guiding you through the different services available



at Moorfields. The PALS team can also advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients have the right to begin consultant-led treatment within 18 weeks of being referred by their GP. Moorfields is committed to fulfilling this right, but if you feel that we have failed to do so, please contact our patient advice and liaison service (PALS) who will be able to advise you further (see above). For more information about your rights under the NHS constitution, visit www.nhs.uk/choiceinthenhs

