

Patient information-pharmacy department

# Your treatment with Mitomycin C eye drops 0.02% or 0.04% (preservative-free)

This information leaflet contains important advice on the safe handling, administration and disposal of Mitomycin C eye drops 0.02% or 0.04% (preservative free). It is therefore important that you follow the instructions in this leaflet carefully before using your eye drops.

## About Mitomycin C eye drops

Mitomycin C is a cytotoxic agent, which means it can damage healthy tissue cells and be toxic for your skin. It is therefore important that you take this medicine exactly as your doctor has told you, handling the drops with care.

**Please note that Mitomycin is not licensed for use as an eye drop, but it has been used within specialist eye clinics for many years with good results.**

You will have also been provided with another information leaflet about unlicensed medicines. Please ask your eye doctor, nurse or specialist pharmacist if you require more information or if there is anything in these leaflets which you don't understand.

If you have any questions about your appointments, or if you have a question for your doctor, please call the number given to you by the clinic nurse.

## Other useful numbers

### Pharmacy high cost drugs team

**Phone:** 020 7566 2360

Monday to Friday, 9am - 5.30pm

**Email:**

[pharmacyhighcostdrugs@moorfields.nhs.uk](mailto:pharmacyhighcostdrugs@moorfields.nhs.uk)

## **Main pharmacy**

**Phone:** 020 7566 2362

Monday to Friday, 9am - 9pm

Saturday, 9am - 7pm

## **Frequently asked questions (FAQ's)**

### **Why do I need Mitomycin C eye drops?**

You have been prescribed these eye drops specifically for your eye condition. They aim to remove the abnormal cells on the surface of your eye to prevent future problems.

### **Are the eye drops suitable for everyone?**

No. Please tell your doctor if you:

- have had an unusual or allergic reaction to Mitomycin C.
- are pregnant or trying to become pregnant.
- are breastfeeding.

### **How do I get my Mitomycin C eye drops?**

As they have a short shelf-life, Moorfields pharmacy does not keep a stock of Mitomycin C eye drops, which are specially ordered for you when prescribed by your doctor. You will need to collect your eye drops from the pharmacy, who will contact you by phone to let you know when they are ready for collection. Depending on how long your treatment

takes, you may need to make several visits to the pharmacy to collect enough eye drops to complete your course.

### **Are there any side effects?**

You may experience common side effects such as redness, irritation, discomfort, mucous discharge and eye pain. These symptoms may continue whilst using the eye drops but will gradually disappear after you have completed the course of treatment.

However, if you experience any of the following side effects, contact the clinic immediately for advice.

- severe redness of the eyes/eyelids.
- itching/swelling of the eyelids.
- droopy eyelid.
- severe sensitivity to light.
- eye pain lasting for a long time.

### **How should I store my eye drops?**

Your eye drops should be stored in the refrigerator (between 2-8°C) in a storage container and in a separate area away from food. Throw away each bottle one week after opening and if you have multiple bottles, use the bottle with the shorter expiry date first (please note-the bottles may be numbered in the order that they should be used). Please ensure that you never use the eye drops after the expiry date shown on the bottle and keep the eye drops out of reach and sight of



children. Always read the label and follow the printed instructions before use.

Remember to only open one bottle each week and write the date of opening clearly onto the bottle label.

### **How should I use my eye drops?**

Mitomycin eye drops are blue in colour and may cause staining to furniture, clothing and bed linen. If possible, administer eye drops over a sink or basin. It is very important that anyone who handles or administers these drops follows the precautions below.

1. Remove the bottle of Mitomycin C eye drops from the fridge five minutes before use, to allow it to warm slightly.
2. Wash and dry your hands. It is advisable to wear disposable gloves and apply a barrier cream (e.g. Vaseline, moisturiser cream) on the surrounding skin of your eye and eyelids. This will prevent or lessen skin irritation if the eye drop solution accidentally comes into contact with your skin.
3. Using the dropper, draw up a small amount of liquid from the Mitomycin C bottle. Gently shake off any excess liquid on the dropper back into the bottle.
4. Tilt your head back slightly and gently pull down the lower eyelid to form a pocket. You may find it helpful to hold a clean tissue below the eye to catch any excess and prevent spillage onto your cheek. If any drops fall on your cheek, immediately wipe them away with a tissue and then wash the affected area with warm water and soap.
5. Using the dropper, instil one drop into the pocket. Take care not to touch your eye, the skin around your eye or your fingers with the end of the dropper. Wait a few seconds to allow the drop to be distributed and then release your eyelid. Close your eyes for 30 seconds and press gently on the inner corner of your eye with your finger.
6. Replace the dropper cap and close the bottle before returning it back to the fridge. All used tissues and gloves (turn gloves inside out as you remove them) should be double bagged in plastic bags and then thrown away with household waste.
7. Wash your hands with soap and water.

Should you need to use any other eye drops at the same time of day, 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.

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](http://www.youtube.com/moorfieldseye)

### **How should I dispose of my Mitomycin C eye drops?**

Each bottle of Mitomycin C eye drops should be used for a maximum of one week. At the end of each week of treatment the bottle with its remaining contents should be closed tightly, and then placed into a cytotoxic waste bin. You will be provided with this bin when you collect your eye drops from Moorfields pharmacy. Empty and part used bottles should be placed into this bin. Make sure that you do not close the seal of the bin until it is full. You can return the full bins to Moorfields pharmacy or the eye clinic. Alternatively, you can contact your local pharmacy to check if they are able to accept cytotoxic medicines for disposal. Do not throw any remaining liquid down the toilet or sink.

### **How should I deal with a Mitomycin C spillage onto the skin?**

Contact with the skin can cause irritation so immediately wash the area with plenty

of water. This should be repeated using warm soapy water. Gently dry the area afterwards. Do not apply any moisturising cream or hand cream on the affected area until the skin has been washed and dried. If redness or irritation lasts for longer than a few hours, contact your GP or clinic.

### **How should I deal with a spillage on work surfaces, furniture or floors?**

Any spillages should be dealt with immediately to reduce potential harm to yourself or other people. Follow the steps below and ensure children are kept away from the spillage area until it has been washed and dried.

1. Wear disposable gloves when dealing with a spillage; make sure that the gloves are not damaged or torn.
2. Cover the spillage using absorbent paper towels, and ensure that all the liquid has been mopped up.
3. Wipe the work surface, furniture or floor clean using warm soapy water (i.e. washing up detergent) as soon as possible.
4. Repeat this twice to guarantee that the spillage has been thoroughly cleaned.

5. Double-bag all used absorbent towels in plastic bags and throw away with your household waste.

### **How should I deal with a Mitomycin C spillage onto clothing/bed linen, etc?**

1. Wearing a pair of disposable gloves, blot the area dry with a paper towel and remove the dirty clothing/linen immediately.
2. Wash the clothes/ linen separately from other clothing as soon as possible.
3. Repeat the wash cycle to make sure all traces of the drug are completely removed.

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**Moorfields Eye Hospital NHS Foundation Trust**  
**City Road, London EC1V 2PD**  
**Phone: 020 7253 3411**  
**[www.moorfields.nhs.uk](http://www.moorfields.nhs.uk)**

**Moorfields Direct telephone helpline**  
Phone: 020 7566 2345  
Monday to Friday, 8.30am–9pm  
Saturday, 9am–5pm

Information and advice on eye conditions and treatments from experienced ophthalmic-trained nurses.

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### **Patient advice and liaison service (PALS)**

Phone: 020 7566 2324 or 020 7566 2325

Email: [pals@moorfields.nhs.uk](mailto:pals@moorfields.nhs.uk)

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.

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### **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](http://www.nhs.uk/choiceinthenhs)

This information can be made available in alternative formats, such as easy read or large print on request.

Please call PALS: 020 7566 2325/2324

Moorfields Eye Hospital NHS Foundation Trust  
City Road, London EC1V 2PD  
Phone: 020 7253 3411  
[www.moorfields.nhs.uk](http://www.moorfields.nhs.uk)