

How to administer eye drops

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.



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.

