



**Cheshire and Wirral
Partnership**
NHS Foundation Trust

How to use your eye drops



Note for staff/carers:

The information in this leaflet should always be discussed with the service user and it should not be provided without support.

What are eye drops used for?

Eye drops are used for the following

- Hay fever
- Eye infections
- After an eye operation



How to put your eye drops in



Wash and dry your hands

Shake the bottle and take off the top



Sit or lie down

Hold your head back

Look up to the ceiling

How to put your eye drops in



Hold the bottle upside down
Hold the bottle close to your eye lid
Do not touch your eye
with the bottle

Pull your lower eye lid down
Squeeze the bottle until one drop
falls into your eye



Close your eyes for a short time
Put the top back on the bottle

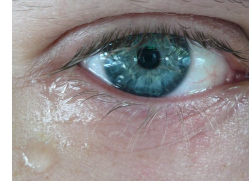
Wash and dry your hands



How will my eye drops feel in my eyes?

Some drops will

- Make your eyes water.
- Make looking at things blurred.
- Make your eyes sting.



You should check with your doctor if

- You are worried about your eyes.
- Your eyes become red and very sore.



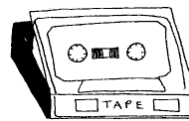
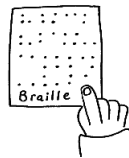
We hope you have found this booklet helpful.



For more information on **how to use eye drops**

www.patient.co.uk or www.seeability.org

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

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