

HOW TO USE EYE DROPS



MISERICORDIA
Health Centre
The future of care

1. Wash hands using soap and water for at least 20 seconds or use hand sanitizer. Shake the medication if directed.

2. Tilt head back and look at the ceiling. Gently pull down lower eyelid to form a pocket.



3. Gently squeeze one drop into pocket by:

a) holding bottle above eye, or

b) resting bottle on bridge of nose, or

c) using an eye guide, following instructions carefully.

(Eye guide assistive devices are available for purchase at your local pharmacy)



a.



b.



c.

Important: do not let the bottle tip touch your eye, fingers or anything else!

4. Close eye(s) for about two minutes. This helps keep the medication in eye(s).

5. If excess medication is on eyelid use a clean dry tissue to gently dab or wipe away excess medication. Do not touch or rub eye(s) with fingers.



If more than one drop is ordered, wait at least five minutes between drops.

ADDITIONAL TEACHING SUPPORT

Are you or your support person having difficulty putting in eye drops? There is help available!

Please call 204-788-8330 for a referral to a WRHA Home Care community nursing clinic.

Staff at the clinic will help teach you or your support person how to put in eye drops.



Winnipeg Regional Health Authority
Caring for Health

Office régional de la santé de Winnipeg
À l'écoute de notre santé