

Dr. Vanita Pathak-Ray FRCS (Ed), FRCOphth (Lon)
Senior Consultant Glaucoma and Cataract Specialist

How to use your eyedrops

- Always check that the drop you are instilling is the correct one
- Always check the expiry date before purchasing and opening a bottle of eye drops
- Few tips – put your chin up and head back, look up and pull the lower lid down and place your eye drop (see video also)



- Alternately, lie down on a bed and apply your eye drops
- One drop is sufficient, but if you are unsure, put another one.
- Wipe off excess eyedrops.
- Keep your eye closed for at least 2 minutes after instillation AND press on the inner corner of the eye against the bone—this will prevent absorption of the eye drops into your body and will prevent or reduce side effects of the medication.



- Wait at least 5 minutes before instilling the next drop, if you have more than 1 bottle.
- Club the dosage of the drop to some daily activity e.g. getting up in the morning, with your morning or evening tea or with the time to go to bed etc.
- If you forget your eyedrops at the correct time, then do so when you remember and instill your next eyedrop at the usual time
- Please don't forget to use the medications as per their schedule even on the day of your visit to the doctor.
- If you miss the dose on that day, your doctor may face difficulty in deciding the future course of your treatment and may have to call you for an additional visit.
- If eye drops get exhausted, they need to be purchased and used till you see your doctor next.
- It is always advisable to purchase the medication before the current one is exhausted so as not to miss even a single dose of the medication.
- Always write the date of opening of an eyedrop on the bottle; discard after 4 weeks.