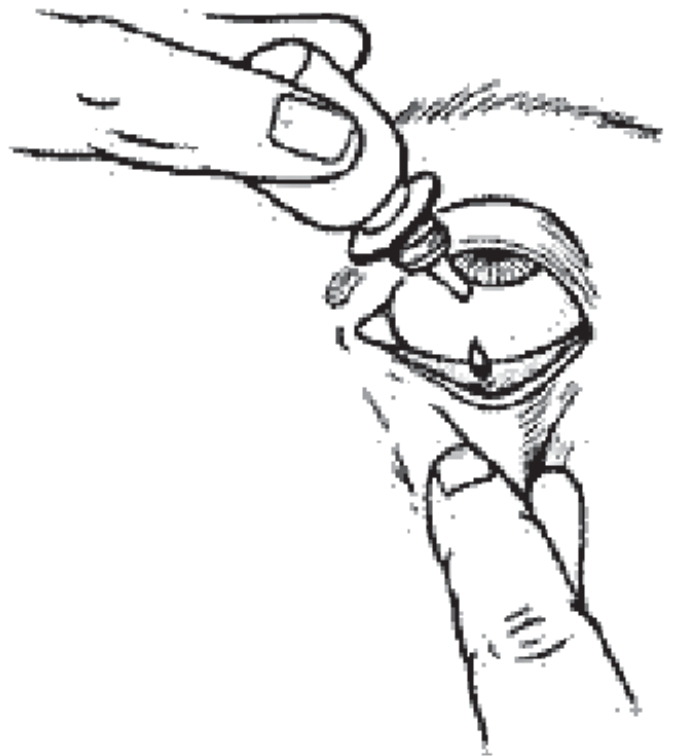




Dr. Francis Soans  
Chief of Glaucoma



## EYE DROP USE



1. When told to use drops "twice a day", that means once in the morning, and again in the evening, 12 hours apart e.g. 7 a.m. and 7 p.m.

"Three times a day" drop use usually means in the morning on awakening, again in the middle of the day, and a third time at bedtime.

2. **After putting drops into your eye, keep your eyes GENTLY closed for at least 5 minutes.** Closing the eyes blocks the tear ducts, and keeps the drop in the eye for a longer time. This greatly increases the amount of medication entering the eye and also reduces absorption of the drug into the rest of the body by up to two-thirds, thus decreasing side effects.

**DO NOT SQUEEZE OR BLINK YOUR EYES AFTER PUTTING IN DROPS – this pushes your drops OUT of your eye.**

When using more than one kind of eyedrop at the same time, allow at least 5 minutes or more between different drops (with eyes closed –see above).

**Do not allow the tip of the dropper to touch the eyeball or eyelids/eyelashes – this increases the risk of contamination leading to infection.**

