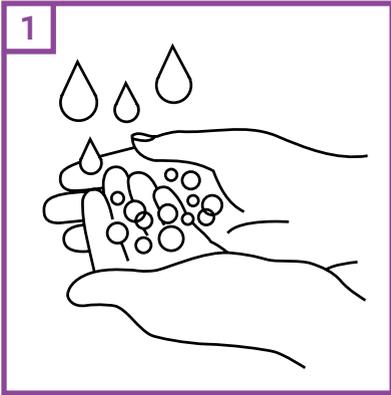


Easy read:

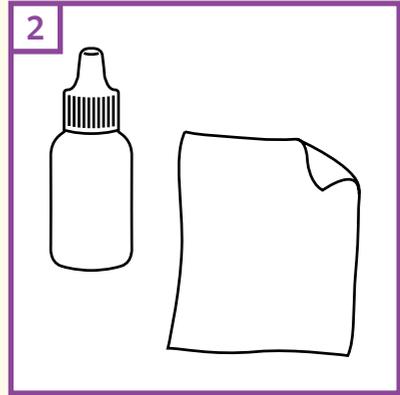
# Putting in your eye drops



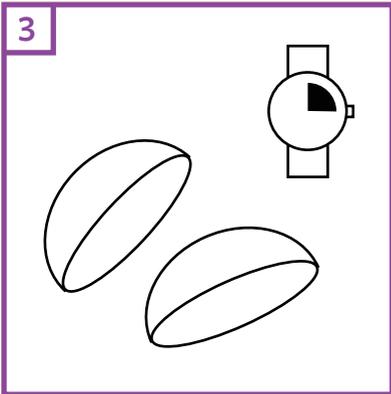
# Step 1: getting started



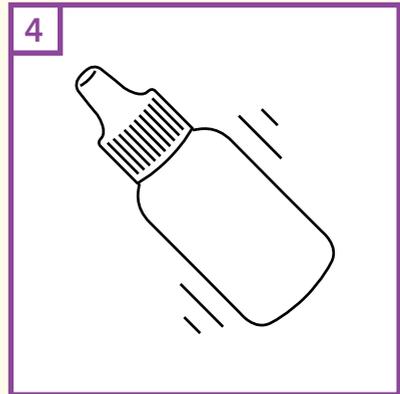
Wash your hands with soap or sanitiser.



Place your eye drop bottle and clean tissue on a clean, dry surface.



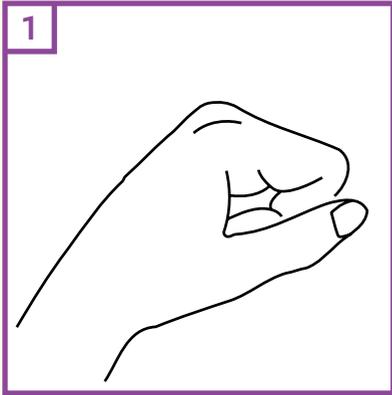
If you are wearing contact lenses, take them out. Wait for 15 minutes before putting them back in.



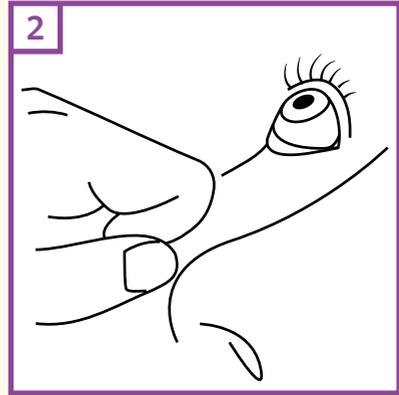
Gently shake or tap the bottle or single dose unit (SDU).

# Step 2: getting your drop in

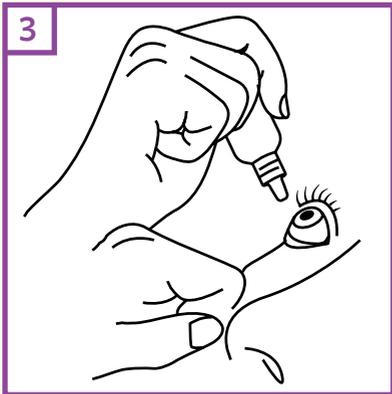
## Option 1: wrist on knuckle



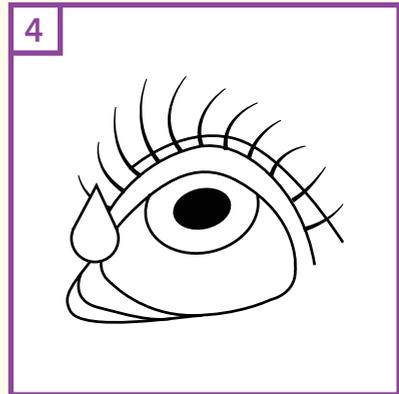
Sit down and tilt your head back. Make a fist with one hand and place on your cheek.



Pull down your lower lid with your middle knuckle, to make a space between your eyelid and eye.



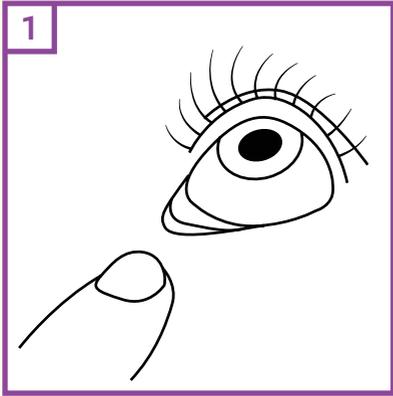
Rest your other hand, with the bottle, on your fist. Look up.



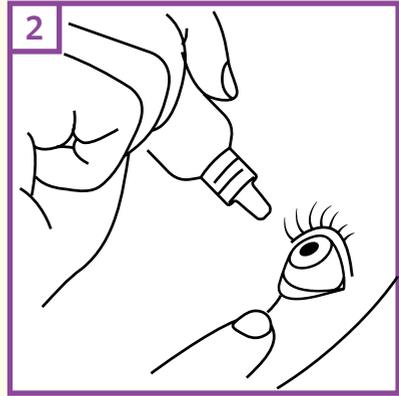
Squeeze the bottle so one drop falls into the space between your eyelid and eye.

# Step 2: getting your drop in

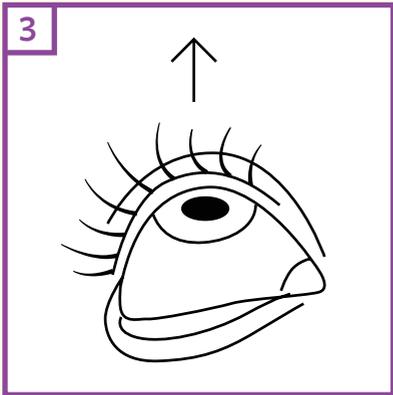
## Option 2: in front of a mirror



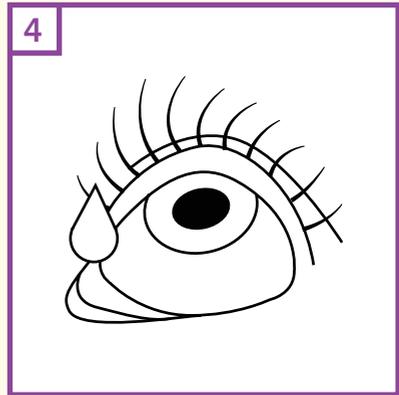
Sit down and tilt your head back. Pull down the lower lid with a finger, to make a space between your eyelid and eye.



Hold the bottle over your eye with your other hand.



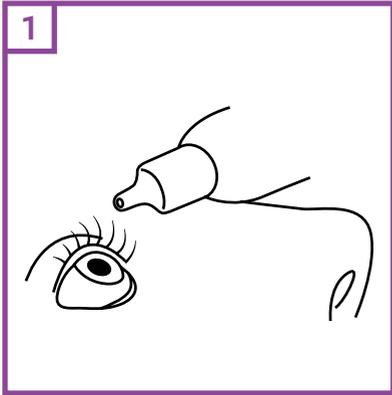
Look up.



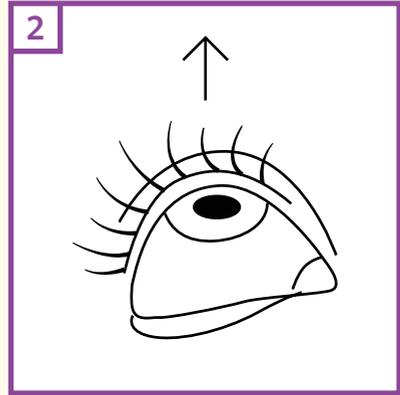
Squeeze the bottle so one drop falls into the space between your eyelid and eye.

# Step 2: getting your drop in

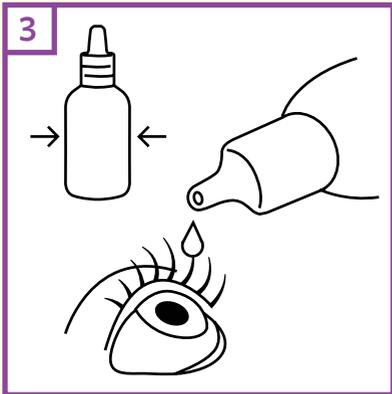
## Option 3: bottle on nose



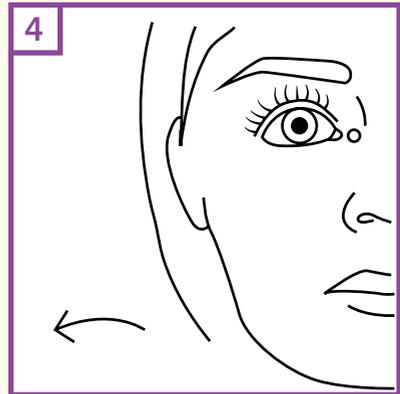
Lie or sit down and tilt your head back. Place the bottle on the bridge of your nose.



Look up.

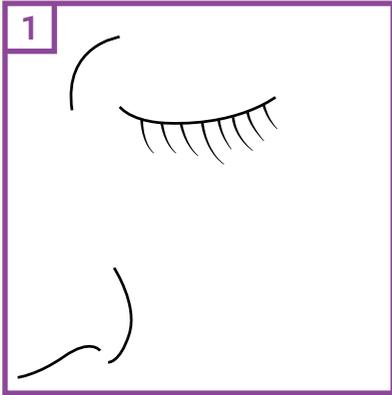


Squeeze the bottle.

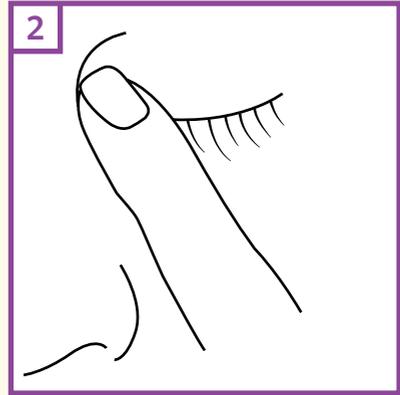


If needed, turn your head so the drop runs into your eye.

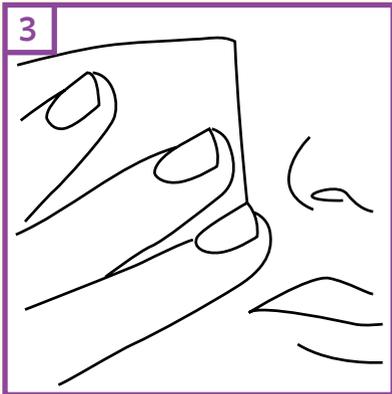
# Step 3: afterwards



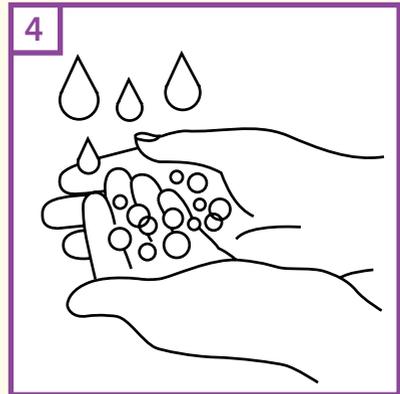
Close your eye gently.



Press gently on the corner of your eye, between your eye and nose, for 1-2 minutes.



Wipe away any liquid which spills onto your cheek with a tissue.

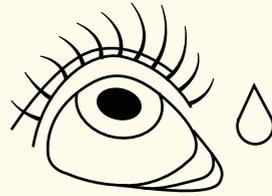


Wash your hands again.

# Don't forget...



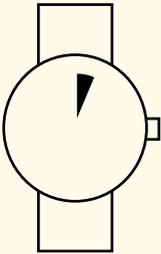
The bottle tip should not touch your eye or your fingers.



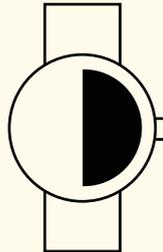
If you miss your eye completely, try again.



If two drops go in, don't worry.



More than one type of glaucoma eye drop? Wait 5 minutes in between.



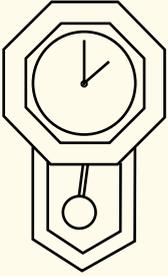
Dry eye drops and glaucoma drops? Leave 30 minutes in between.



Some drops can be kept in the fridge to help you feel them going into the eye. Always check your eye drop leaflet for storage instructions.

# Don't forget...

## Space your eye drops evenly through the day



- Is your drop used once a day?  
Put it in at the same time each day.
- Is your drop used twice a day?  
Put it in every 12 hours.

## Store your eye drops safely

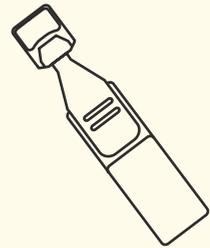
Always keep your eye drops out of the reach of children.



## Extra information for some eye drops

### Single dose units (SDUs)

Keep them in the packet until you use them, to stop light damaging them.



### Preservative free drops in a bottle

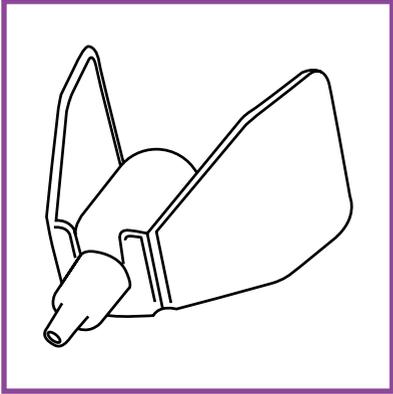


Don't squeeze the bottle too hard. It can take a few seconds after you squeeze the bottle for the drop to come out.

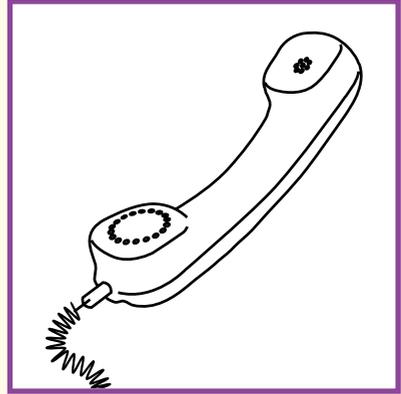
After you have put in your drop:

- hold the bottle upside down;
- shake the bottle once;
- then put the lid back on.

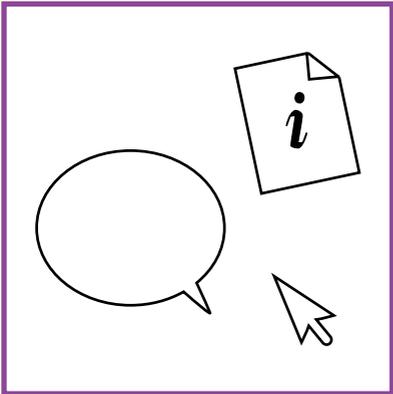
# Need more help?



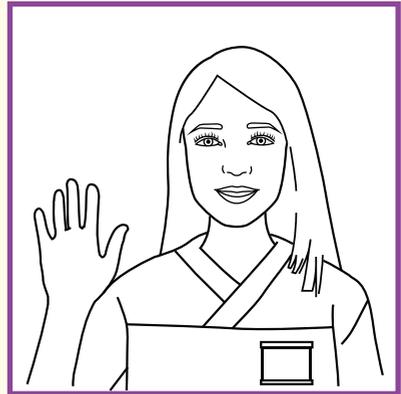
Difficulties? You can buy aids to help you put your eye drops in.



Glaucoma UK helpline:  
**01233 64 81 70** or  
**[helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)**



We have talks, resources and hints to help. Visit our website **[glaucoma.uk](http://glaucoma.uk)**



People at your eye clinic can help - please ask.





This free guide is provided by **Glaucoma UK**.  
For further information or to order more  
leaflets, visit our website at

**glaucoma.uk**

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**Need more help?**

**Call our glaucoma helpline:**

**01233 64 81 70**

Monday to Friday 9.30 to 17.00

Email: [helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)

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