



Glaucoma
UK

glaucoma.uk

Helping people with their eye drops and dispensing aids





Glaucoma helpline

01233 64 81 70

Monday to Friday 9.30am to 5.00pm

Email: helpline@glaucoma.uk

Visit our website glaucoma.uk

Help us keep our services free

We think it's important that everyone who needs help and information about glaucoma should be able to get it for free. That's why we don't charge for our booklets or services – and why we're so grateful to everyone who gives up their time or donates money, no matter how much.

If you'd like to contribute towards the cost of this leaflet or help fund our services, please visit our website glaucoma.uk/donate or call us on **01233 64 81 64**.

Glaucoma UK is the charity for people with glaucoma. Our work focuses on three main areas:

Campaigning and awareness

We work to raise awareness of glaucoma in the general public so it can be detected and treated as early as possible.

Advice and support

We provide information, services and assistance to people with glaucoma to help them live well and manage their disease better.

Research

We raise funds for vital research into diagnosis, care and treatment so that fewer people lose their sight due to glaucoma.



Campaigning & Awareness

Fewer
people
go blind



Advice & Support

People with
glaucoma live well
and stay well



Research

Better
diagnosis,
care and
treatment

Contents

How to use this guide	03
-----------------------	----

Step 1: identifying the problem, and possible solution

How will a dispensing aid help?	04
---------------------------------	----

Are you having difficulties removing the bottle lid?	05
--	----

What type of bottle do my eye drops come in?	06
--	----

Traditional eye drop bottle (5ml or less)	07
---	----

Traditional eye drop bottle (10ml - 15ml)	08
---	----

Preservative-free multi-dose bottle	09
-------------------------------------	----

Single dose unit (sometimes called a vial)	10
--	----

Hylo series (often for dry eye)	11
---------------------------------	----

Step 2: using the dispensing aid with confidence

How to use the Opticare	12
-------------------------	----

How to use the Opticare Arthro 5	13
----------------------------------	----

How to use the Opticare Arthro 10	14
-----------------------------------	----

How to use the Autodrop	15
-------------------------	----

How to use the Universal Eyot	16
-------------------------------	----

How to use the Santen blue DropAid	17
------------------------------------	----

How to use the Théa Eyot	18
--------------------------	----

How to use the Santen green DropAid	19
-------------------------------------	----

How to use the ComplEye	20
-------------------------	----

Where can you get the aid from?	21
---------------------------------	----

More help from Glaucoma UK	22
----------------------------	----

How to use this guide

Getting ready

Firstly, take the time to familiarise yourself with the contents of the Eye Drops Support Box, and what you might need to hand. For example:

- Make sure all the dispensing aids are in the box.
- Have a range of empty bottles at your disposal – hospital pharmacies may be able to supply you with these.
- Ensure you have sufficient supplies of Glaucoma UK leaflets and helpline cards. You can order more resources on the Glaucoma UK website.

Conversations with individuals

Once you are ready, your conversations with people using eye drops will have two main parts:

Step 1: identifying the problem, and possible solution	Step 2: using the dispensing aid with confidence
<ul style="list-style-type: none">• Identify the issues experienced by the individual and assess which aid (if any) might help.	<ul style="list-style-type: none">• Teach them how to use the chosen aid and build their confidence with the relevant techniques.

Use this guide, which covers commonly asked questions, to help your conversations with people about eye drops and dispensing aids.

How will a dispensing aid help?

An eye drop dispensing aid may help if...

- You find it difficult to open the eye drops bottle.
- You find it hard not to poke yourself in the eye with the bottle when putting your eye drops in.
- You find it hard to squeeze the bottle.
- Your eye drops run down your face.

Other solutions are needed if...

- You forget to put your eye drops in.
- You are not sure where to store your eye drops.
- Your eyes sting when you put your eye drops in.

In these cases, the following support is available to you:

- Visit the Glaucoma UK website: [glaucoma.uk](https://www.glaucoma.uk)
- Contact the Glaucoma UK helpline on **01233 64 81 70** or helpline@glaucoma.uk
- Speak to your pharmacist or glaucoma nurse.

Are you having difficulties removing the bottle lid?

Silicone bottle opener



Just getting the lid off the eye drop bottle can be difficult. This silicone bottle opener helps you grip the lid more easily. Simply place it over the eye drop bottle, and twist.

The bottle opener is compatible with the following:

- Traditional eye drop bottles.
- Preservative-free multi-dose bottles.

Don't forget!

There are many different types of eye drops bottles. Always check that **your** bottle fits into the dispensing aid.

What type of bottle do my eye drops come in?

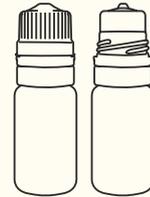
If your bottle looks like this...



Traditional eye drop bottle
(5ml or less)



Traditional eye drop bottle (10-15ml)



Preservative-free multi-dose bottle (any size)

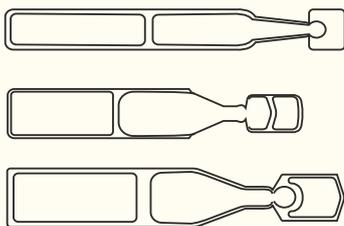
Turn to page...

7

8

9

If your bottle looks like this...



Single dose unit
(sometimes called a vial)



Hylo series
(usually for dry eye)

Turn to page...

10

11

Does your bottle look like this?

Traditional eye drop bottle
(5ml or less)



What matters to you?

You need help aiming the bottle	You need help squeezing the bottle	You want an aid which is available on prescription	Type of aid
✓	✓	✓	Opticare (page 12)
✓	✓	✓	Opticare Arthro 5 – blue (page 13)
✓			Autodrop (page 15)
✓	✓		Universal Eyot* (page 16)

* Only bottles marked with an asterisk fit the Universal Eyot*

Examples of these eye drops are:

- Generic brands between 2.5ml – 5ml
- Alphagan
- Azarga*
- Azopt*
- Betoptic*
- Ganfort
- Iopidine*
- Lumigan
- Duotrav*
- Travatan*

Don't forget!

There are many different types of eye drops bottles. Always check that **your** bottle fits into the dispensing aid.

Does your bottle look like this?

Traditional eye drop bottle
(10ml - 15ml)



What matters to you?

You need help aiming the bottle	You need help squeezing the bottle	You want an aid which is available on prescription	Type of aid
✓	✓	✓	Opticare (page 12)
✓	✓	✓	Opticare Arthro 10 - cream (page 14)
✓			Autodrop (page 15)

Examples of these eye drops are:

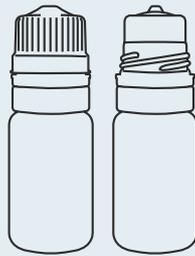
- Generic brands between 10ml – 15ml
- Combigan
- Pilocarpine

Don't forget!

There are many different types of eye drops bottles. Always check that **your** bottle fits into the dispensing aid.

Does your bottle look like this?

Preservative-free
multi-dose bottle



What matters to you?

You need help aiming the bottle	You need help squeezing the bottle	You want an aid which is available on prescription	Type of aid
✓	✓		Santen blue DropAid (page 17)

Examples of these eye drops are:

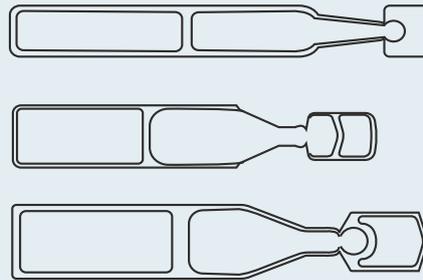
- Cosopt
- Eydelto
- Eylamdo
- Eyreida
- Eysano
- Eyzetan
- Trusopt

Don't forget!

There are many different types of eye drops bottles. Always check that **your** bottle fits into the dispensing aid.

Does your bottle look like this?

Single dose unit
(sometimes called a vial)



What matters to you?

You need help aiming the vial	You need help squeezing the vial	You want an aid which is available on prescription	Type of aid
✓	✓		Théa Eyot (page 18)
✓	✓		Santen green DropAid (page 19)

Examples of these eye drops are:

- Betagan
- Betoptic
- Cosopt
- Fixapost
- Ganfort
- Iopidine
- Lumigan
- Monoport
- Saflutan
- Taptiqom
- Tiopex
- Trusopt

Don't forget!

There are many different types of eye drops bottles. Always check that **your** bottle fits into the dispensing aid.

Does your bottle look like this?

Hylo series
(often used for dry eye)



What matters to you?

You need help aiming the vial	You need help squeezing the vial	You want an aid which is available on prescription	Type of aid
✓	✓		ComplEye (page 20)

Examples of these eye drops are:

- Hycosan
- Hylo-care
- Hylo-forte
- Hylo-tear

Don't forget!

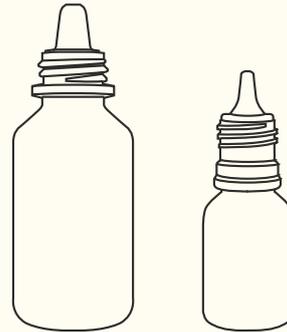
There are many different types of eye drops bottles. Always check that **your** bottle fits into the dispensing aid.

How to use the Opticare

Opticare



For use with these bottle types:
traditional eye drop bottles
(large and small)



1. Wash your hands.
2. Open the Opticare using the thumb guides.
3. Loosen the screwcap of the eye drop bottle but do not remove it.
4. Place the bottle inside the Opticare so that the keyhole slot fits firmly around the base of the bottle neck.
5. Some bottles may require the use of the bottle collar(s) supplied, to ensure a secure fit. Slide the collar(s) around the base of the bottle under the keyhole slot. This can also be done before you place your eye drop bottle into the Opticare.
6. Once you have secured the eye drop bottle into the Opticare, click it shut. Open the hinged eye piece and remove the lid of the bottle.
7. Using the other hand, pull down your lower lid using the finger space to form a “pocket”.
8. Tilt your head back and rest the lip of the eye piece gently against your eyebrow.
9. Gently squeeze the sides of the Opticare to release the drop into your eye.
10. Repeat on the other eye if necessary.
11. Replace the lid of the bottle after use. The bottle can be left in the aid until it needs to be replaced.

Remember to wash the aid regularly in warm soapy water and dry with a clean cloth, but remove the eye drop bottle first.

How to use the Opticare Arthro 5

Opticare Arthro 5



For use with these bottle types: traditional eye drop bottles (small).



1. Wash your hands.
2. Open the eye piece towards the arms.
3. Place the aid on a flat surface and spread the arms open. Push the eye drop bottle into the aid until it touches the two small ledges.
4. Remove the lid of the bottle and close the eye piece. The eye piece rotates to help you find a comfortable position.
5. Tilt your head back and place the eye piece securely over your eye.
6. Pull down your lower eyelid with your other hand using the finger space to make a small “pocket”.
7. Gently squeeze the arms of the aid to release your eye drop.
8. Repeat on the other eye if necessary.
9. Open the eye piece and replace the lid of the bottle.
The bottle can be left in the dispenser until it needs to be replaced.

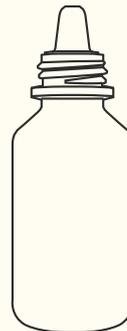
Remember to wash the aid regularly in warm soapy water and dry with a clean cloth, but remove the eye drop bottle first.

How to use the Opticare Arthro 10

Opticare Arthro 10



For use with these bottle types: traditional eye drop bottles (large).



1. Wash your hands.
2. Open the eye piece towards the arms.
3. Place the aid on a flat surface and spread the arms open. Push the eye drop bottle into the aid until it touches the two small ledges.
4. Remove the lid of the bottle and close the eye piece. The eye piece rotates to help you find a comfortable position.
5. Tilt your head back and place the eye piece securely over your eye.
6. Pull down your lower eyelid with your other hand using the finger space to make a small “pocket”.
7. Gently squeeze the arms of the aid to release your eye drop.
8. Repeat on the other eye if necessary.
9. Open the eye piece and replace the lid of the bottle.
The bottle can be left in the dispenser until it needs to be replaced.

Remember to wash the aid regularly in warm soapy water and dry with a clean cloth, but remove the eye drop bottle first.

How to use the Autodrop

Autodrop



For use with these bottle types:
traditional eye drop bottles
(large and small).



1. Wash your hands.
2. Open the bottom of the Autodrop.
3. Loosen the lid of the eye drop bottle but do not remove it completely.
4. Slide the keyhole slot around the base of the bottle neck, just below the thread, and remove the lid completely.
5. Close the Autodrop. Do not force the bottlenose into the Autodrop. It should close easily.
6. Using your other hand, gently pull down your lower eye lid to make a “pocket”.
7. Place the Autodrop over your eye with the lip resting against your cheek.
8. Tilt your head back. Using the peep hole, look up to the ceiling and gently squeeze the bottle allowing the drop to fall into your eye.
9. Repeat on the other eye if necessary.
10. Open the Autodrop, replace the lid of the bottle and remove.

Remember to wash the aid regularly in warm soapy water and dry with a clean cloth.

How to use the Universal Eyot

Universal Eyot



For use with these bottle types:
traditional eye drop bottles
(small).



1. Wash your hands.
2. Remove the white insert.*
3. Push the bottom of the closed bottle as far as you can into the Universal Eyot, making sure it is secure and firmly in place.
4. Unscrew the bottle cap using the Universal Eyot bottle opener. Use the wide end for round 3ml and 5ml bottles. The narrow end is for oval 2.5ml bottles.
5. Keep the cap in the bottle opener and rest it on a clean tissue.
6. Hold the Universal Eyot so that the small mirror inside is on the bottom.
7. Use the lower lip of the Universal Eyot (the longer one) to pull down your lower lid so that it forms a “pocket” for the eye drop to go in, and rest the top on your eyebrow/forehead.
8. Tip your head back so that you are looking at the ceiling, through the view opening.
9. While looking up at the ceiling, gently press the Universal Eyot until a drop falls into the eye.
10. Repeat on the other eye if necessary.
11. Once you have finished, replace the cap on the bottle by using the bottle opener.

* The white insert is designed for slim 3ml bottles only. To remove the insert, place the Universal Eyot face down and gently open the lever until it drops.

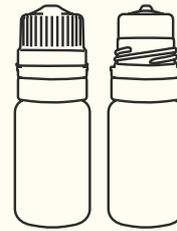
Remember to wash the aid regularly in warm soapy water and dry with a clean cloth.

How to use the Santen blue DropAid

Santen blue DropAid



For use with these bottle types: preservative-free multi-dose bottles.



1. Wash your hands.
2. Remove the lid of the eye drop bottle.
3. Place the bottle into the DropAid. Push the bottle into the eye cup as far as it goes.
4. Tilt your head back. Place the DropAid over your eye so that the hole of the DropAid points towards your forehead. Look out through the hole.
5. Pull down on the lower eyelid with your other hand and squeeze the DropAid.
6. Repeat on the other eye if necessary.
7. Remove the eye drop bottle from the aid and replace the lid.

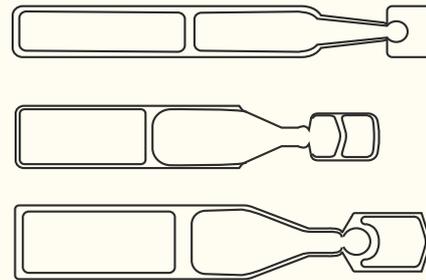
Remember to wash the aid regularly in warm soapy water and dry with a clean cloth.

How to use the Théa Eyot

Théa Eyot



For use with these bottle types:
single dose units.



1. Wash your hands.
2. Make sure that the fluid is near the opening of the single dose unit (SDU).
3. Twist off the top of the SDU.
4. Push the SDU, nozzle end first, firmly downwards into the slot until it is in position. Make sure the nozzle tip is pushed fully through the slot.
5. Hold the Théa Eyot and place the longer part (without the hole) just below your lower eyelid. Use the aid to pull the eyelid gently downwards until there is a “pocket” between the eyelid and your eye.
6. Place the upper part (with the small hole) near your eyebrow against your forehead.
7. Looking through the small opening, tilt your head back until you can see the ceiling.
8. Carefully squeeze the button under the opening where you placed the SDU, until one drop of fluid falls into your eye.
9. Repeat for your other eye, if needed.
10. Remove the SDU from the aid. Throw the SDU away, even if there is some fluid left inside.

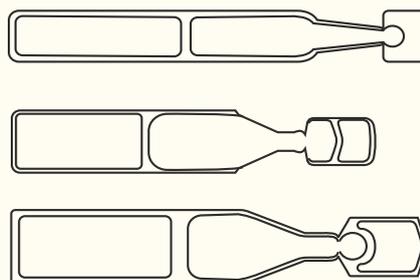
Remember to wash the aid regularly in warm soapy water and dry with a clean cloth.

How to use the Santen green DropAid

Santen green DropAid



For use with these bottle types:
single dose units.



1. Wash your hands.
2. Open the single dose unit (SDU) by twisting off the tab with your hands or using the slot in the aid.
3. Place the SDU into the hole in the middle of the DropAid.
4. Shake the DropAid with a gentle wrist motion to ensure that the drop is in the top of the container.
5. Tilt your head back. Place the DropAid over your eye so that the hole points toward the forehead.
6. Look out through the hole.
7. With your other hand, pull down your lower eye lid to make a “pocket” and squeeze the DropAid, until one drop of fluid falls into your eye.
8. Repeat for your other eye, if needed.
9. Remove the SDU from the aid. Throw the SDU away, even if there is some fluid left inside.

Remember to wash the aid regularly in warm soapy water and dry with a clean cloth.

How to use the ComplEye

ComplEye



For use with these bottle types:
Hylo series



1. Wash your hands.
2. Twist off the lid of the eye drop bottle.
3. Push the bottle, nozzle end first, firmly downwards into the aid until it is in position.
4. Hold the ComplEye and place the longer part just below your lower eyelid. Use the aid to pull the eyelid gently downwards until there is a “pocket” between the eyelid and your eye.
5. Place the upper part near your eyebrow against your forehead.
6. Looking through the small opening, tilt your head back until you can see the ceiling.
7. Carefully squeeze the bottle. Your eye drop will fall directly into your eye.
8. Repeat on the other eye if necessary.
9. Remove the bottle from the aid and replace the lid.

Remember to wash the aid regularly in warm soapy water and dry with a clean cloth.

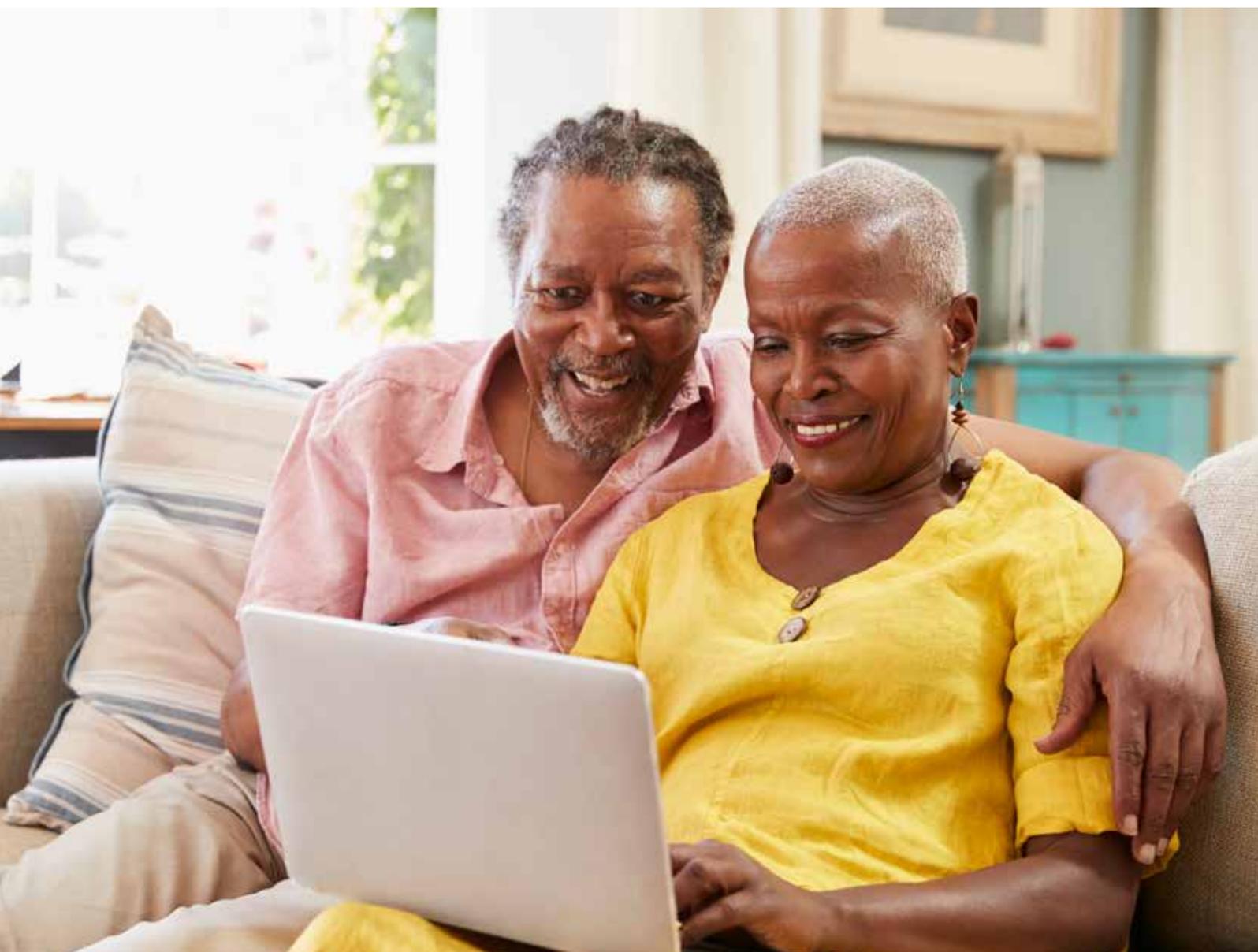
Where can you get the aid from?

Name of the aid	Available on prescription	Where are they available locally
Silicone bottle opener	✘	
Opticare	✓	
Opticare Arthro 5	✓	
Opticare Arthro 10	✓	
Autodrop	✘	
Universal Eyot	✘	
Santen blue DropAid	✘	
Théa Eyot	✘	
Santen green DropAid	✘	
ComplEye	✘	

More help from Glaucoma UK

If you would like further support from Glaucoma UK, we are here for you:

1. Contact our helpline on **01233 64 81 70** or **helpline@glaucoma.uk**
2. Order a copy of our booklet 'Easy read: Putting in your eye drops' via our website **glaucoma.uk** or by contacting our helpline.
3. Watch one our digital glaucoma support groups about eye drops at **glaucoma.uk/supportgroups**
4. Visit our peer support forum, Health Unlocked, to talk to other people living with glaucoma. Go to **www.healthunlocked.com/glaucoma-uk**



The information in this leaflet was correct at the time of printing.

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