

CENTRAL CARE POLICY HOW TO USE EYE DROPS

SUBJECT:	<u>HOW TO USE EYE DROPS</u>
ANNUAL REVIEW MONTH:	<u>June</u>
RESPONSIBLE FOR REVIEW:	<u>Director of Central Care</u>
LAST REVISION DATE:	<u>August 2010</u>

1. If the eye drops come in a cloudy suspension, you should shake them for 10 seconds.
2. Before starting, wash your hands with soap and water.
3. To make it easier, use a mirror or have someone else put the drops in your eyes.
4. Make sure the dropper you use is smooth on the edges.
5. Hold the dropper with the tip down. This helps stop the medication from going into the bulb part where they may get contaminated with germs.
6. It is very important to keep the top of the eye drops bottle clean. Do not touch it on anything else.
7. You need to tilt your head back or lie down flat.
8. Use your index finger to pull down your bottom eyelid.
9. With your other hand hold the dropper as close to your eye, without touching it, as possible.
10. Place the number of drops ordered in the area where your lower eyelid has been pulled down.
11. Put the cover on right away to stop germs from getting in the eye drops.
12. Press your finger against the inner corner of your eye for one (1) minute to keep the medication from going in your tear duct.
13. Close your eye(s) gently and wipe off any extra medication with a tissue.
14. Wash your hands to get rid of any medication that may be on them.

15. Remember to put just the number of eye drops that your doctor told you to. It should be written on the eye drop bottle.

APPROVED: _____ **TITLE:** Director of Central Care **DATE:** _____
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