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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

How to instil your eye drops

Ophthalmology Department



What are eye drops?

Eye drops are a means of instilling medicine directly into the eye. There are a number of conditions we do this for including glaucoma, dry eye, infections, after surgery and many others.

Are there any precautions I should follow?

First ensure you know which eye the drop is to go into and how frequently. Check the drops are within the use by date, and have not changed colour. Do not use drops that have been prescribed for someone else. If you wear contact lenses remove them prior to instilling your eye drops. Keep the eye drops away from children

How do I use my eye drops?



- Wash your hands with soap and water and dry your hands well, before using your eye drops.
- Make sure you have tissues ready.
- Some drops require shaking before instilling them.

Additional Information can be obtained by logging on to:

http://www.emedicinehealth.com/how_to_instill_your_eyedrops/article_em.htm

<https://www.webmd.com/eye-health/how-to-instill-your-eyedrops-treatment>

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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- The eye becomes swollen, red or sticky
- The eye becomes very irritable or very watery
- The symptoms are worsening after 3 days of treatment

Contact Details:

If you have any queries or concerns, please contact the eye unit helplines:

- Ashford Hospital: **01784 884402**
- St. Peter' s Hospital: **01932 722686**

Senior Nurses:

Sister, Georgina Gilson, Ashford Hospital

Deputy Sister, Maggie Lewis, Ashford Hospital

Deputy Sister, Dorothy Adjorlolo, Ashford Hospital

Ophthalmic Nurse Practitioner, Jain Sidhu
St. Peters Hospital

- Carefully remove the cap of the eye drops, be careful that the dropper does not touch anything.
- Sit comfortably or lay down with your head supported.
- If sitting down tip your head carefully upward (not necessary if you are laying down).



- Look upward, (this ensures the top eye lid is out of the way).
- Gently pull down on the lower eyelid to make a “pocket” to catch the eye drop.



- Some people instil the drops by resting their hand against their forehead or nose and squeezing the bottle.



- Other people find it easier to balance the bottle on their nose (feeling the bottle between the eye brows) and holding the bottle straight squeezing the bottle gently.



- Make sure the dropper does not come into contact with the skin or the eye, as this contaminates it, and can lead to infections.



- Once administered, close your eyes gently, press the index finger gently against the closed eye, beside the nose. This closes the tear duct and prevents the drops going down the tear duct. Hold for 2 minutes.
- Gently wipe away any excess fluid with the tissue and dispose of immediately.

- If you have to instil drops into the other eye repeat the process.
- If you have more than 1 drop to instil into your eyes, leave at least 5 minutes between drops.
- Wash your hands after instilling the drops again with soap and water.

Should my eye drops sting?

It is not unusual for eye drops to sting immediately after instilling them, however if the sting is excessive, or if it continues, please contact the eye clinic.

I have problems instilling my drops as my hands are weak

Talk to the nurses in the eye clinic, or ask for an appointment in the eye clinic, where the nurse will assess the difficulties you are having. There is often some drop aids we can arrange to help you use your drops.

I am not sure if the drop has gone into my eye?

If you have problems feeling if the drop has gone into your eye, try keeping them in the fridge (Do not freeze them). They will then feel cold as they enter the eye.

What should I do if I miss a dose?

Instil the drop as soon as you remember, however if it is time for your regular dose skip the missed dose, do not double the dose to catch up.

Contact eye clinic if:

- You have eye pain
- Your vision worsens