

(For the administration of eye ointment)

1. Sit in front of a mirror. Gently pull down the lower eyelid with a finger to form a pocket



2. Squeeze around 5mm of eye ointment into the pocket. Do not let the bottle tip touch the eye or lashes



3. Gently close your eyes, use clean tissue to wipe away any excessive eye ointment



4. Replace the cap of the eye ointment tube. Wash hands thoroughly after using eye medications



Remarks

- Check the expiry date before use. Do not use expired eye medications.
- Discard eye medications one month after opening the bottle/tube.
- Do not share eye medications with others.
- Keep eye medications out of direct sunlight.
- Keep eye medications out of reach of children.
- Some eye medications should be stored in the refrigerator according to specific instructions.
- Remove contact lenses before the administration of eye medications.
- Administer eye ointment 3-5 minutes after eye drops if both eye medications are to be used at the same time.
- Administer eye medications according to prescription or the drug label.
- Stop using eye medications and contact the health care providers if adverse side effects are encountered.

The information is for general education purpose and reference only.
Should you have any queries, please consult medical professionals
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Self-administration of Eye Medication

葛量洪醫院 Grantham Hospital	Pamphlet Topic & Department Code
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Self-administration of Eye Medication

1. Prepare materials for the administration of eye medications



2. Wash hands thoroughly



3. Use cotton pad and tepid boiled water to remove eye discharge before the administration of eye medications



4. Tilt your head backward, gently pull down the lower eyelid with a finger to form a pocket and look upward



5. Keep hands steady



6. Hold the bottle (tip down) one inch above the eye lid. Gently squeeze 1 drop into the pocket in the lower part of the eye. Do not let the bottle tip touch the eye or lashes.



7. Gently close eyes while pressing on the inner corner of your eye for 1 – 2 minutes.



8. Use clean tissue to wipe away the excessive eye drops. Replace the cap of the eye drop bottle

