

Using your Eye Drops/Ointment

An information guide



Using your Eye Drops/Ointment

Drop installation will be explained prior to leaving the department, the instructions are also in the leaflet you will take home.

Please read the instructions on the eye drop bottle in addition to this leaflet.

- First, wash your hands.
- Remove the bottle cap and place on a clean surface. Try not to touch the nozzle of the bottle.
- Hold the bottle in the opposite hand to the affected eye and place horizontally on the bridge of your nose.
- Tilt your head backwards and using the other hand, gently pull down the lower lid.
- Gently squeeze the bottle, allowing one or two drops to fall into the middle of the lower eye.
- Close the eye and gently wipe away any excess from your cheek with a tissue. Try to avoid wiping the eye itself.
- Replace the bottle cap immediately.
- Wash your hands after instilling drops.
- You may find it easier to instil your eye drops whilst you are lying down or sitting back in a comfortable chair.

Eye Ointment

- First wash your hands.
- With the tube in the opposite hand to the eye you need to put the ointment in, squeeze a thin line (about 1 centimetre) of ointment into the inner surface of your lower eyelid.
- Do not touch the eyelid with the end of the tube.
- Gently close your eye and blink several times.
- Wipe away any liquid or ointment that did not go into your eye with a clean tissue from the nose towards the cheek. Use a new tissue each time you wipe your eyelid.
- Replace the cap on the bottle/tube immediately.
- Wash your hands.
- At first, your vision may be blurred. Do not drive or operate machinery until you can see clearly again.

Important Notes

- Store your eye drops in a cool dry place, **but do not refrigerate unless this is indicated in the instruction on the bottle.**
- Discard the bottle in a safe place after 4 weeks of opening.
- If you have been advised to continue with your eye drops, obtain a repeat prescription from your GP.
- Keep all medicines out of reach of children.

Contact Numbers:

The Royal Oldham Hospital, Oldham :

A&E Department - 0161 627 8933

Friday 5pm to Monday 9am

Oldham Integrated Care Centre Eye Clinic -0161 621 3721

Monday to Friday:- 9am to 4.30pm

Rochdale Infirmary, Rochdale :

Eye Clinic - 01706 901757

Monday to Friday:- 9am to 5pm

Eye Ward - 01706 901765

Monday to Friday:- 8am to 8pm (answer machine after 8pm)

Urgent Care Centre - 01706 517005

Monday to Friday after 8pm

Friday 8pm to Monday 9am

Fairfield General Hospital, Bury :

A&E Department - 0161 778 2600

Monday to Friday after 8pm

Friday 8pm to Monday 8am

Eye Ward and Clinic - same contact details as Rochdale Infirmary

Tameside Hospital Foundation Trust :

A&E Department - 0161 922 6000 - Available 24 hours

Eye secretary - 0161 331 6388

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

☎ : 0161 627 8770

@ : interpretation@pat.nhs.uk

To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897


For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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