

## HOW TO USE EAR DROPS

- Q Warm the ear-drop bottle by holding it in your hands for a few minutes.
- Q Shake the bottle well.
- Q Unscrew the cap of the bottle and draw some liquid into the dropper.
- Q Either lie on your side or tilt your head over so that the ear which needs the drops is facing upwards.
- Q Gently pull your earlobe upwards, away from your neck, and squeeze the correct number of drops into the ear.
- Q Keep your head tilted for about five minutes so that the drops can spread into the ear.
- Q Straighten your head and wipe away any extra liquid with a clean tissue. Replace the cap on the bottle.



- Q Store your ear-drops in a cool, dark place.
- Q You must use your ear-drops for the full length of the treatment course, even if your ear feels better. If you stop too soon, your ear problems may return.
- Q While using your ear-drops, TRY NOT TO GET WATER in your ear.
- Q Be careful when washing your hair and do not go swimming until the course is finished.
- Q When you have finished your course of treatment, throw any leftover drops away, or return them to your pharmacist for disposal.

If you have any questions about your ear-drops or any other medicines, your pharmacist can help.

**ASK YOUR PHARMACIST. YOU'LL BE TAKING GOOD ADVICE!  
KEEP ALL MEDICINES OUT OF THE REACH OF CHILDREN**

## HOW TO USE EYE DROPS

- Q Wash your hands.
- Q Sit down in front of a mirror so that you can see what you are doing.
- Q Remove the top from the bottle.
- Q Avoid touching the dropper tip against your eye, eyelashes, or any other surface.
- Q Tilt your head back and look upwards. Gently pull your lower eyelid down.
- Q Hold the dropper above your eye and squeeze one drop inside your lower eyelid.
- Q Release the lower eyelid and blink a few times to make sure the whole of the eye is covered by the liquid.
- Q Wipe away any excess with a clean tissue.
- Q If you need to put in more than one drop, or if you are using another type of eye drop, then you should wait for a few minutes before putting the next drop in. If you do not wait then the first drop may be washed out by the second before it has had time to work.



Your eye-drops have been tested to make sure that they are free from germs when you receive them. In order to keep them in good condition, follow these simple rules :

- Q When not in use, keep the bottle tightly closed in a cool, dark place.
- Q If the dropper is separate, DO NOT put it down on any surface.
- Q DO NOT allow the dropper or dropper nozzle to touch your eye or your fingers.
- Q NEVER lend your eye-drops to anyone else.
- Q Eye drops should not be used for longer than four weeks. This is because they can become dirty and infected. Write the date that you open the bottle on the label so that you will know when to throw them away.
- Q DO NOT wear contact lenses until your course of eye-drops is finished, unless you have been told otherwise.

## HOW TO USE AN EYE OINTMENT

- Q Wash your hands.
- Q Sit down in front of a mirror to see what you are doing.
- Q Unscrew and remove the top from the eye ointment tube.
- Q Tilt your head back and look upwards. Gently pull your lower eyelid down.
- Q Hold the tube above your eye, but DO NOT let it touch your eye or eyelashes.
- Q Squeeze about 1cm of ointment along the INSIDE of the lower eyelid. Close your eye and blink several times to allow the ointment to spread over the surface of your eye.
- Q Wipe away any excess ointment from the eyelid or eyelashes using a clean tissue.
- Q When you open your eye, your vision may be blurred. This will be cleared by blinking.
- Q DO NOT RUB YOUR EYE
- Q Replace the cap on the tube.

Your eye ointment has been tested to make sure that they are free from germs when you receive it.

In order to keep them in good condition, follow these simple rules:

- Q When not in use, keep your eye ointment in a cool, dark place.
- Q DO NOT allow the tube to touch your eye or your fingers.
- Q NEVER lend your eye ointment to anyone else. Eye ointments should not be used for longer than four weeks. This is because they can become dirty and infected. Write the date you opened the tube on the label so that you will know when to throw it away.
- Q If you are using eye-drops as well as eye-ointments, you should use the drops first. Wait at least five minutes between using the drops and using the ointment.
- Q DO NOT wear contact lenses until your course of eye ointment is finished unless you have been told otherwise.