

MEDIA RELEASE

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One eye drop or two?

Using eye drops to treat eye problems may sound easy, but many people find it difficult. Writing in the February edition of ***Australian Prescriber***, eye surgeon Dr Michael Steiner explains how to use eye drops correctly.

“It is important that patients use only one drop at a time. A second drop may wash out the first and will probably end up on the cheek which is wasteful and can be expensive,” said Dr Steiner.

Other tips include washing the hands and removing contact lenses before using the drops. “When the cap is removed, it should never be put down on the table in a way which could contaminate it. Best to put it on its side or hold carefully in the other hand”. Never touch the eye with the tip of the bottle as it could injure the eye or contaminate the remaining drops. The article illustrates two methods for putting eye drops in the eye.

Eye drops should be stored in a cool dry place and for some drops such as antibiotics, it's better to keep them in the fridge. Always make sure they are not used or kept beyond their use by date (usually 28 days from opening).

National Prescribing Service Limited (NPS) encourages people taking medicines of any kind, including eye drops, to talk to their doctor or pharmacist and let them know if they are taking other medications to ensure no adverse reactions occur.

For information on best use of eye drops, talk to your doctor, pharmacist or contact the NPS Medicines Line on 1300 888 763.

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For further information or interviews with the author contact Maida Talhami on 02 8217 8700 (bh), 0419 618 365 or mtalhami@nps.org.au.

About Australian Prescriber

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