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FAO

To dilate the pupil, Instill drop supplied into Right | Left | Both eyes and repeat 5 minutes later one hour before consultation with Mr. Patel:

1. Unpeel the wrapper and twist the top off the eyedrop container and squeeze to release single eye drops.
2. Wash hands with soap and water.
3. Use a mirror, or have someone else instil the eye drops if possible.
4. Keep the eye drops clean. Avoid touching the dropper to the eye or anything else.
5. If the drops are a suspension, shake well before using.
6. Position yourself lying down or tilt your head back.
7. With your finger, pull the lower lid of your eye down to make a pocket.
8. Hold the dispenser with the opposite hand and place it as close to the eye as possible, without touching it.
9. Brace the remaining fingers of your hand on your cheek or nose.
10. Drop the prescribed drops into the pocket made by the lower lid. Placing drops directly on the surface of the eye may cause stinging.
11. Press your finger against the inner corner of your eye for one minute. This prevents medication from entering the tear duct.
12. Close eye gently and wipe off any excess liquid with a tissue.
13. Wash hands to remove any medicine.
14. Remember that following dilation of the pupil it is unsafe to drive a car as the vision is temporarily reduced and you may experience more glare from the sun or car headlights.
15. If you have any queries please call 01865 240097

To see a video of how to insert eyedrops visit
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