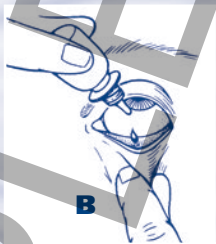
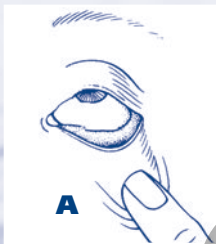


# HOW TO Insert Eyedrops

1 **Tilt** your head back.

2 **Pull** your lower lid away from the eye to form a “pocket” by:



**A** pulling lid down with index finger;

**B** pinching lid outward with thumb and index finger.

3 **Let** the drop fall into the pocket without touching the bottle to your eye or eyelid (to prevent contamination from the bottle).

4 **Close** your eyes (do not blink or squeeze) and apply pressure to the point where the lids meet the nose. Hold for two to three minutes. Wipe unabsorbed drops and tears from the closed lids with a tissue.



5 **If** you need to take more than one kind of eye medication at the same time, wait three to five minutes before using the second drops.

# Eyedrop Information

DATE:

PATIENT NAME:

MEDICATIONS:

INSTRUCTIONS:

SAMPLE



**AMERICAN ACADEMY  
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