

What should I do if I forget a dose?

Give the missed dose as soon as you remember it. If it is almost time for the next dose, skip the missed dose and continue your regular dosing schedule. Do not apply a double dose to make up for a missed one. Seek medical advice, if unsure.

Storage of Medication:

Ask your pharmacist about storing your medicine and read the instructions carefully. Some may need to be kept in the fridge or out of direct sunlight.

Keep all medicines out of sight and reach of children. If accidental ingestion is suspected, seek medical attention immediately.

Discard eye medication 4 weeks after opening (unless otherwise stated)

If you have any concerns or further questions when you are at home, please contact your:

G.P.
or
Ophthalmology Clinic (OPD)
08.00–17.00 hours Mon – Fri (01) 4096349
(OLCHC)
or
Local Emergency Department
or
Local Pharmacist

Additional instructions

Developed by Marie Keegan, Clinical Nurse Specialist (Ophthalmology Clinic) Out Patients Department and Elaine Harris (Clinical Placement Coordinator)

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**Our Lady's Children's
Hospital, Crumlin,
Dublin 12**

....where children's health comes first

Information for children and their parents / guardians about Instilling Eye Medication



Ward / Department: _____

Ward phone (01) 409 _____

Tel: (01) 4096100 (main switch)

This information will advise you on how to administer eye medication.

What equipment do I need?

Clean tissue

Eye medication

Liquid soap, hot water and paper towel

Preparation:

Read the instructions on the label and only use the medication in the eye(s) stated.

Wash your hands thoroughly with liquid soap and dry hands with a paper towel

Remove contact lenses (if present)

Inspect each eye for:-

- Redness, irritation, swelling, discharge / crusting (colour, odour, amount) which may indicate an eye infection
- If any new discharge/crusting on or around the eye, seek medical advice

Shake the eye medication container, and then remove the cap and plastic seal (if still present)

Position your child into any of these positions:

- **Sitting up**, ask your child to tilt their head back
- **Laying** your child **flat** on their back and wrap them in a light blanket / sheet to keep their arms and legs still, if required.
- Ask someone to **gently hold** your **child** in a safe, comfortable position, with the head and neck supported and tilt back

Avoid touching the tip of the container against your child's eye, eyelashes or any other surface

Always administer eye drops before eye ointment

Eye Drops:

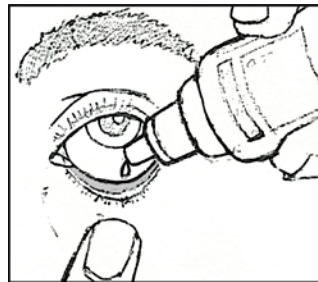
Gently pull down your child's lower eyelid

Hold the container above your child's eye and squeeze one drop along the inside of the lower eyelid

Release the lower eyelid

Let your child blink a few times to spread the drop around the eye

Wipe away any excess with a clean tissue



If more than one eye drop is prescribed, leave at least 5 minutes between drops

Eye Ointment:

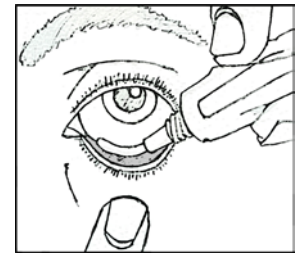
Gently pull down your child's lower eyelid

Squeeze the ointment along the lower eyelid starting from the inside out

Release the lower eyelid and let your child blink a few times to spread the ointment around the eye

Wipe away any excess with a clean tissue

Tidy away equipment and wash hands thoroughly.



If you are using a second eye medication:

The pharmacist will advise on the times and order of use between eye medications

If your child gets distressed:

Use play, praise and distraction techniques or insert the eye medication while your child is sleeping.

If these techniques are not successful, STOP the procedure, allow your child to settle and try again.

In the event that your child is excessively distressed, seek professional advice.