**Eye Drops**

**HOW TO USE EYE DROPS:**
- Wash hands thoroughly with soap and water.
- If a dropper is supplied, make sure there are not chips or cracks at the end of the dropper.
- If a dropper is supplied, hold the dropper tip down all the time. This prevents the drops from flowing back into the bulb where they may become contaminated.
- The eye drops must be kept clean. Avoid touching the dropper against the eye or anything else.
- If the eye drops are a cloudy suspension, shake them for ten seconds.
- Lie down with pillow under shoulders, this will flex your neck.
- Close your eyes gently.
- Drop 2 drops into inner corner of eye or have someone else do it for you.
- Open and close your eyes slowly 3-4 times to allow the medication to flow into your eye.
- Wipe off excess fluid with tissue.
- Wash hands to remove any medicine.

**REMEMBER:**
- Follow instructions carefully
- Do not miss dose
- Use the exact number of drops

Contact Health Services if you have any additional questions or concerns

**HEALTH SERVICES**
(603)862-2856 during hours of operation|(603) 862-Well (9355) after hours
www.unh.edu/health-services

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