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# Diploma in Pharmacy 2<sup>nd</sup> Year

## Community Pharmacy & Management

### Experiment

To study appropriate handling with correct administration techniques of eye drops.

#### Aim:

To study appropriate handling with correct administration techniques of eye drops.

#### Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 85 – 89

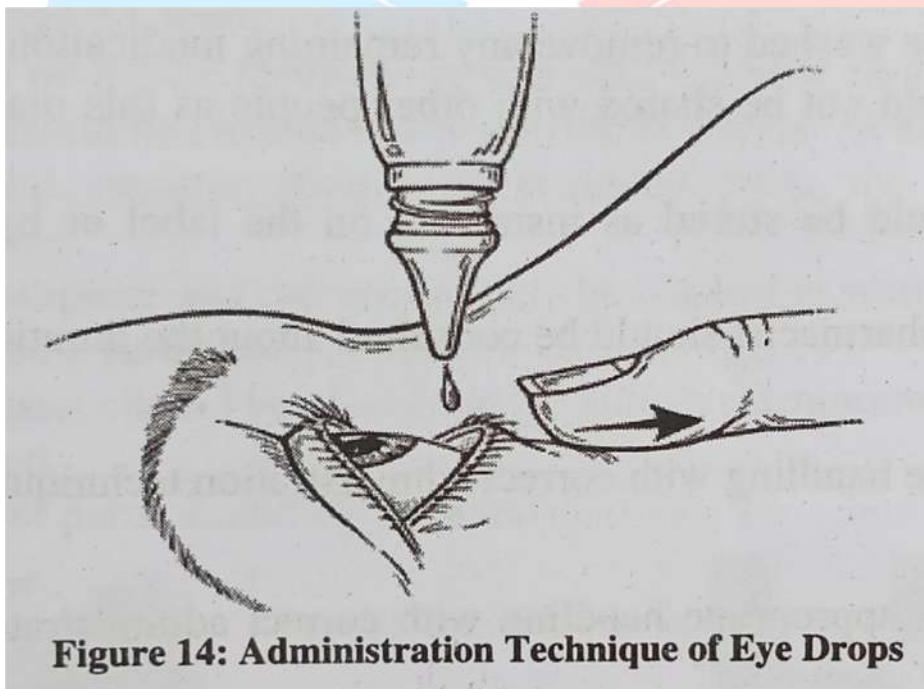
#### Theory :

Eye drops can be used to treat a variety of ailments, including infections, allergies, minor eye injuries, dry eye syndrome, post-operative recovery, and chronic illnesses like glaucoma. It is important to administer eye drops appropriately so that the medication is effectively absorbed into eye, regardless of the intent or duration of use.

#### Handling and Administration Technique of Eye Drops

- To avoid contamination, the bottle should be shaken and uncapped and placed on other end
- The lower eyelid should be gently pulled downwards to form a small pocket for the drops/ointment.
- The edge of the hand should be rested on patient's forehead.
- The dispenser should be held between the thumb and middle finger about 2-3cm from the patient's eye.
- The bottom of the bottle should be pressed with forefinger to dispense the required amount of drops.

- The patient should be asked to close the eyes for about a minute to distribute the drug in eyes.
- The same procedure should be repeated for the other eye (if required).
- The cap of eye drop should be replaced.
- The process should be repeated after 2-3 minutes, if more than one medication is to be installed.
- It should be ensured that the patient's vision has returned to normal.
- The used tissue pad should be disposed in a waste container.
- Hands should be thoroughly washed and sanitised.



**Figure 14: Administration Technique of Eye Drops**

## **Precautions to Follow When Using Eye Drops**

- The expiry date on the label should be checked before using any eye drops.
- The nozzle/dropper of the bottle should not be penetrated with a pin to open it. The instructions given on the label/carton should be followed to open the bottle properly without contaminating the contents.
- Hands should be washed with soap and water and dried using a clean towel before using the eye drops.

- The bottle should be shaken before opening if directed to do so on the label or the doctor.
- The cap should be placed on its side on a clean surface after opening the bottle
- The tip of the bottle should not be touched with fingers.
- Head should be tilted backward (while sitting, standing, or lying down) and pulled down gently on the lower eyelid with finger to form a pocket.
- The bottle should be squeezed lightly to fill one drop inside the lower lid. Any extra drop will leak out of the eye because the eyelid can only hold one drop. Fresh tissue should be used to wipe away any extra fluid that comes out of eye.
- The tip of the dropper should be avoided to touch any part of eye or eyelashes because the eye drops can get contaminated by bacteria and other organisms
- The eyes should be gently closed after applying the eye drop. The lids should not be closed or blinked since doing so may cause the drop to escape eye before it has had a chance to be absorbed.
- Moderate pressure should be applied on the inner corner of eye using the tip of index finger for 30 seconds. As a result, the fluid will not be able to enter throat and nose through nasal channel.
- Contact lens should be removed before using medicated eye drops as prescribed by the doctor. 15 minutes duration should be maintained after using the eye drops and then the contact lens should be applied.
- Duration of 10 minutes should be maintained before applying the second drop if two different kinds of eye drops are used. As a result, the first drop will not be wiped away by the second drop before it has a chance to work.
- The dropper tip should not be wiped with anything because it may contaminate the drops. The cap of the eye drops should be replaced and screwed immediately after use.
- Hands should be washed to remove any remaining medication
- Eye drops should not be shared with other people as this may spread germs and infection

- The bottle should be stored as instructed on the label or by the doctor or pharmacist
- The doctor or pharmacist should be consulted about the duration of eye drops usage

## **Result :**

Appropriate handling with correct administration techniques of eye drops was studied.

