

## Eye Drop Administration Tips

- Wash your hands
- Check to make sure the drops have not expired
- Explain the purpose of the drops and expected side effects. Obtain consent from the patient before instilling any drops
- Be sure not to contaminate the bottle or the bottle cap
- Have the patient tilt their head back. Be careful of people with neck problems or other injuries.
- Have the patient look up and away from the eyedropper, pull lower lid down, and administer drop into the lower cul de sac.
- **Do not** touch any part of the patient with the bottle.
- Have patient slowly shut eye (not squeeze too tight). If they try to open their eye too soon, they may get some stinging.
- Have the patient use a tissue and apply light pressure to the nasal corner of the eye where the tear duct is. Press there for several moments.
- Repeat for the other eye.
- If a second drop is being used, wait a few moments then repeat procedure.
- Replace the cap on the bottle.
- Record the name of drop instilled, concentration, and time of day.
- Wash your hands when finished.