How to Take Your Eyedrops

Studies show that if you’re having difficulty taking your eyedrops, you’re not alone.

Here are five simple steps to help make sure you’re applying them the right way.

**Step 1**
Remove cap. Hold the bottle upside down between thumb and index finger.

**Step 2**
Gently tilt head back. Position bottle above eye. (Do not touch eye with dropper tip.)

**Step 3**
With your other hand, place finger under eye and gently pull down to create a pocket between the eye and the lower eyelid.
Step 4
Gently squeeze the sides of the bottle to dispense one drop. Be sure that the bottle doesn’t touch the eye or it may become contaminated.¹

Step 5
Keep your head tilted backward and close your eyes for two to three minutes while gently pressing your index finger on the inside corner of your eye.²

Perhaps most importantly, if you continue to have difficulty taking your drops, let your doctor know. There’s nothing to be ashamed of – many patients have the same problem. And understanding what you’re going through will be important for him or her to have a clear picture of how your treatment is working.
