

Instilling eyedrops



Infection control procedures apply
Always wear suitable protective equipment – apron and gloves

Instilling eyedrops

- Wear suitable protective equipment, especially **gloves**
- Ensure **privacy and dignity** for the service user
- Explain to the service user what you are about to do and why
- Ensure you have the service user's permission to carry out the procedure
 - Check – is this the right drops/ointment for that person
 - Check - use by dates / are they out of date?
 - Check – are both eyes to be done or just the one, if so, which one?
- Remove the cap from the eye drops bottle or eye ointment tube and ask the service user to sit upright
- Tilt their head slightly back, making sure they are comfortable
- Using your thumb and forefinger, gently separate the eyelids
- Eyedrops – form a small pocket at the lower eyelid between the eye and the eyelid to catch the drop
- Gently drop the prescribed drop into the eye following the manufacturer's instructions, catching it in the pocket mentioned above
- Using your thumb and forefinger, gently separate the eyelids
- Eye ointment – gently squeeze the prescribed ointment into the eye following the manufacturer's instructions, forming a ribbon just inside the margin of the eyelid
- Make sure you do not touch any part of the eye with the drop container or ointment tube

- Ask the service user to blink gently so you can wipe away any excess drop with paper tissue
- If more than one drop/ointment has been applied, follow the above sequence one drop at a time
- Replace the cap on the drop container or ointment tube
- If, at any time, the service user is uncomfortable, stop before starting again
- Replace the eye medication to its appropriate storage
- **Wash your hands**
- Write up that you have carried out the procedure in the support plan notes

