

# Putting eye drops in your child's eye

Information for parents/carers



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## Putting the eye drop in your child's eye

The eye drops you have been given make the pupil (centre black circle of the eye) bigger and affects the focusing muscles inside the eye. If using cyclopentolate drops, this can last for 24 hours and sometimes longer. If using atropine drops, this can last for several days and sometimes longer.

1. Wash your hands



2. Check eye drop is within expiry date and if it is remove from packet and remove lid.



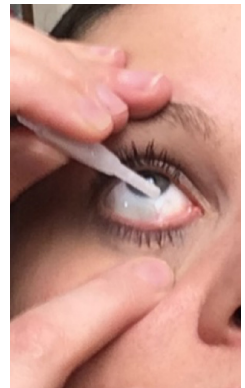
3. Ask your child to sit on a chair, tilt their head back, and look up towards their eyebrows.



4. Use one hand to hold the dispenser and the fingers of your other hand to gently pull down the lower eye lid of each eye.



5. Insert a drop into the pocket created between the eye and the lower lid. It doesn't matter if you miss but you must ensure you have seen one drop enter the eye area.



Some slight discomfort may occur while the drops are being put in, but this will subside. Ask your child to blink until the sensation of the drop has gone. A tissue can be used to wipe away any excess.

### Alternative methods:

- If your child cannot keep their eye open, ask them to lie on their back on reclining chair, sofa or bed with their eyes gently closed. Put a drop on the inner corner of the eye by the nose (see picture). Ask your child to blink and the eye drop will enter the eye. If your child does not want to blink, gently open the upper and lower lids of the eye with your fingers to allow the drop to go in the eye.
- You can administer an eye drop when your child is asleep. Put a drop on the inner corner of the eye by the nose, and allow the drop to enter the eye by gently opening the lids slightly with your fingers.
- You can lay your child on the floor with their head between your thighs, your legs over their arms, and their legs facing away from you. With one hand use your fingers to open the upper and lower lids, and with the other hand insert the eye drop.
- Babies can be swaddled for instillation. They may naturally blink the drop in, or you may need to use your fingers to help open the eye for the drop to go in.



Video instructions are available on YouTube: *'How to put eye drops in children and babies Moorfields eye hospital'*

[www.youtube.com/watch?v=d3wtEWX7HxU](https://www.youtube.com/watch?v=d3wtEWX7HxU)

## Storage

Keep out of sight and reach from children.

Keep at room temperature.

Keep in cardboard box to protect eye drops from sunlight.

## Allergic reaction signs

Sometimes your child can appear flushed after instillation, keep your child cool and monitor if this reduces with time.

Although rare, these are the allergic reaction signs to look out for:

- Rash, hives, itching, red, swollen, blistered, or peeling skin
- Wheezing, tightness in the chest or throat, trouble breathing or talking, unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Very bad headache, dizziness, fainting, fast heartbeat, vomiting
- Dry mouth. dry skin, eye pain, or very bad eye irritation

If you suspect an allergic reaction you can contact the **Orthoptic Department 0113 206 4736** (during normal working hours) or your own GP, or call **111**

If urgent, or outside normal working hours please call **111** or **999**

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