

## **MEDICATION INSTRUCTIONS FOR GLAUCOMA PATIENTS**

Managing your glaucoma is a partnership between you and our practice. It is critical you take your medication(s) as directed and commit to keeping your follow-up appointments.

We have provided instructions and demonstrated how to properly instill your eye drops. These Medication Instructions supply further clarification and tips on how to remember to take your medication.

During your next visit to our office please bring your medication(s) so we can review them with you. We also encourage you to write down any questions you have so they can be discussed and answered.

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### **General Rules for Patients to Follow**

1. If you wear contacts, the contact lenses should be removed before instilling your eye drops. Following instillation, wait 15 minutes before putting the contacts back in.
2. Wash your hands before each use.
3. Check the label on the bottle to make sure you will be instilling the correct medication into the correct eye.
4. Instilling more than one drop is not necessary.
5. If you will be using more than one type of medication, allow 4 to 5 minutes between the application of each medicine.
6. If you will be using a drop and an ointment, apply the ointment last.
7. Sometimes eye drops can cause a few moments of blurry vision. Be sure to wait until it clears before resuming activities such as driving.

### **Common Method for Patients to Instill Eye Drops**

1. Tilt your head back or lie down. Try to keep both eyes open and look up.
2. Gently pull the lower eyelid down and away from the eyeball.
3. Instill one drop into the "cup" in the lower eyelid.
4. Close your eyes and gently press on the lacrimal sac (the inside corners of your eyes). Then carefully blot away any excess liquid.
5. After a couple of minutes, wipe away any excess with a fresh tissue.

## HELPFUL TIPS FOR REMEMBERING YOUR MEDICATION

### CONSISTENCY

- Always take your eye drops at the same time every day (or as recommended by your doctor).
- Associate taking your eye drops with other daily routines you have established for yourself, such as brushing your teeth before bed.
- Keep your eye drops in the same place in your home and always know where they are.
- Ask a friend or family member to remind you to take your drops. Each day, they can ask, "Did you remember your eye drops today?"

### SEND YOURSELF A SIGNAL

- Set a daily clock or watch alarm to serve as a reminder to take your eye drops.
- Put a reminder note in a prominent location, such as on the refrigerator or on the mirror in your bathroom.
- Keep a calendar nearby and draw an "X" through each day after your medication is taken. This will serve as an easy visual cue as to whether or not you took the medicine that day.
- Place a towel, scarf, or other object in a place where it can serve as a reminder to take the medication. (For example: place a cloth over your alarm clock so that the cloth reminds you to take the medicine before the alarm is set for the next day.)

### MAKE SURE YOU DON'T RUN OUT OF MEDICATION

- Keep a log of how long the eye drops last so you can make sure to get a refill before running out.
- Once you know how long your medication should last, mark your calendar to refill your prescription one week before you expect to run out.