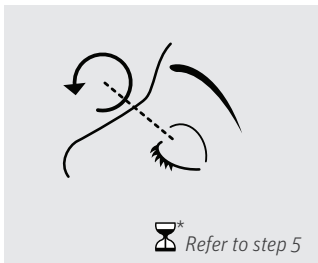
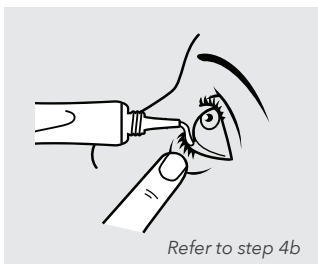
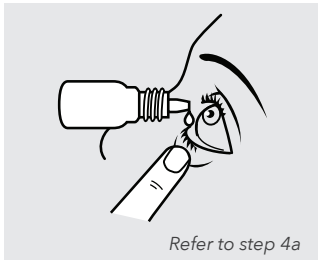
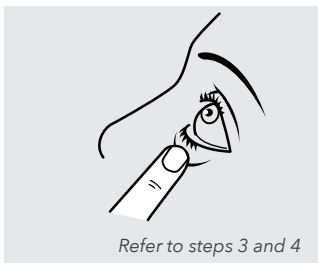
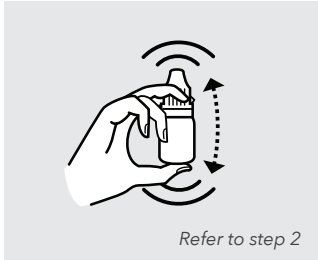


Counselling Checklist

Directions for use of eyedrops and eye ointments



- 1 Wash your hands thoroughly with soap and water.
- 2 If the medication is a suspension, shake the bottle before using it.
- 3 Tilt your head backwards slightly.
- 4 Keeping both eyes open, place a finger just under your eye, and gently pull down the lower eyelid of the affected eye to form a V-shaped pouch.
 - a. Drops: Hold the bottle almost horizontally and, while looking upward, place drop(s) into the pouch of your lower eyelid.OR
 - b. Ointment: Hold the tube horizontally and, while looking upward, squeeze about one centimetre of ointment into the pouch of your lower eyelid.
- 5 Gently close your eye for one to two minutes, and roll your eyeball in all directions.

 Refer to instructions for waiting time