



# I need eye drops

1



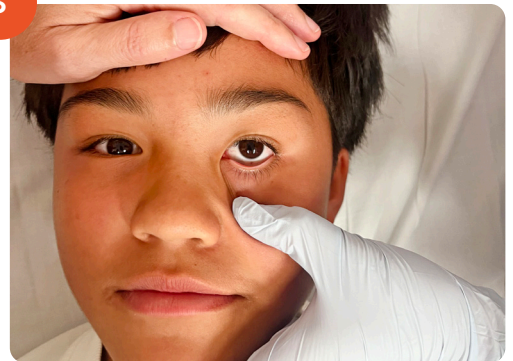
My doctor/nurse has said that I need to have eye drops.

2



I will lie down on the bed. I can choose to lie on the bed by myself or with my caregiver.

3



If I need drops in both eyes, I can choose which eye to put the drops in first. My caregiver or the doctor/nurse will gently pull down my lower eyelid. This creates a little pocket for the medicine to sit in.

4



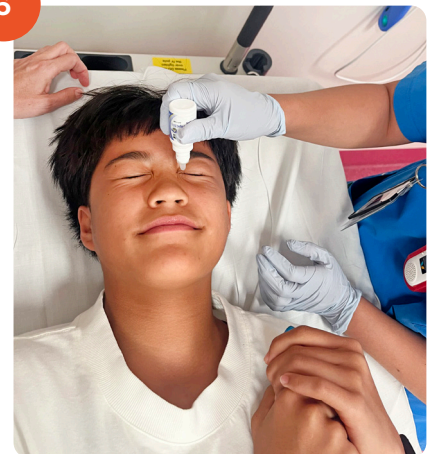
My job is to stay still. This will only take a few seconds. The medicine is dropped into the little pocket near my eye, without the dropper touching me.

5



I can close my eyes and blink. My job is to keep my hands away from my eyes. I can keep my hands busy squeezing something, or blowing really big breaths can comfort me.

6

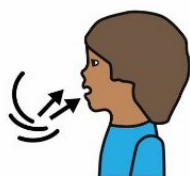


If I am worried and tightly close my eyes, that's okay. The drops can still be given. The medicine can be dropped next to my eye. Then I can gently blink and the medicine will go where it needs.

7



Take deep breath



Now that I'm done I can do something that settles me if I'm upset, or find an activity to do while I wait.

8



I might need to have more eye drops when I go home. My caregiver will help put the drops in my eyes.

I now know what I need to do, so it won't worry me so much next time.