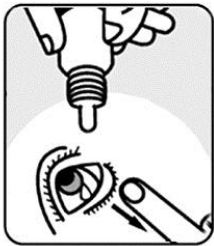
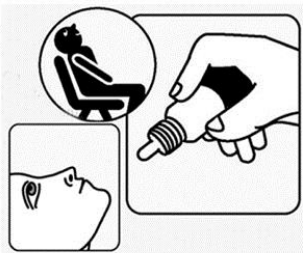
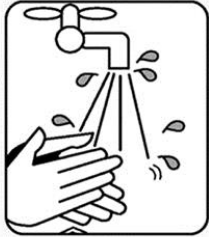


How to administer eye drops

Simplified Chinese



怎样点眼药水



1. 彻底清洁您的双手
2. 躺下或者头朝后仰坐下，用您一只手的拇指和食指将眼药水瓶倒过来握住。
3. 用您的另一只手从眼袋或者眼囊处轻轻将下眼皮往下拉并且往上看。
4. 让一滴眼药水进入您的眼睛和下眼皮之间的空隙。
5. 闭上眼睛。
6. 将您的食指放在眼睛旁边鼻子侧面部位。轻按 1-3 分钟。这叫做封泪管——这样可以减少眼药水流到您的鼻子里。
7. 用干净的纸巾擦掉睫毛上多出来的溶液。
8. 如果需要滴一种以上的眼药水，那么至少要等五分钟才能滴下一种眼药水。否则第二种眼药水会将第一种冲出眼睛。
9. 使用完眼药水后，再次彻底清洁您的双手。

How to administer eye drops

1. Wash your hands thoroughly.
2. Lie down or sit with your head tilted back and hold the bottle upside down in one hand between your thumb and index finger.
3. Using your other hand, gently pull down the lower lid of your eye to form a pouch or a pocket and look up.
4. Allow one drop to enter the space between the lower lid and your eye.
5. Close your eye.
6. Place your index finger against the side of your nose near the eye. Apply LIGHT pressure for one to three minutes. This is called punctal occlusion - it reduces the eye drop draining into your nose.
7. Remove any excess solution by wiping your eyelashes with a CLEAN tissue.
8. If administering more than one eye drop wait at least five minutes before administering the next eye drop. Otherwise, the second eye drop will wash the first one out of the eye.
9. After using the eye drops, wash your hands thoroughly again.



有用的小窍门

- 仔细阅读标签上的说明并且只滴上面注明的那只眼睛。确保您完全理解说明书的意思并且始终根据说明书用药。如果有疑问——询问您的药剂师。
- 如果您每只眼睛需要滴不一样的眼药水，确保您使用正确的那瓶。
- 如果您觉得您滴眼药水有困难，那么请别人帮您滴。
- 把所有的药物放在小孩够不到的地方。避免在很小的孩子面前使用药物——他们可能模仿您的行为。
- 完成这个课程或者根据您的医生指示用药。
- 如果您忘记吃一剂量的药，不要试着一次吃忘记的两剂量或者三剂量去补上。
- 切忌不要分享您的药物，即使有人和您有相似的症状。
- 使用完眼药水、眼胶或者眼膏以后您的视力可能在短时间内变得模糊。在您可以看清楚以前不要开车或者操作机械。
- 不要让滴管接触到睫毛或者眼睛。
- 不要把滴管放在桌子上或者接触其他物体表面。
- 不要对着滴管吹气或者接触滴管开口处。
- 使用完后立即盖紧盖子并且竖立放置瓶子。将瓶子放置于阴凉的地方或者根据指示放置。
- 开启四周后扔掉。

Handy tips

- Read the instructions on the label carefully and treat only the eye stated. Make sure you understand exactly what the instructions mean and follow them at all times. **If in doubt – ask your pharmacist.**
- If you are given a different bottle for each eye, make sure you use the correct bottle.
- If you think you may have difficulty using the eye drops, ask someone to do it for you.
- Keep all medicines out of the reach of children. Avoid taking medicine in front of very young children – they may copy your behaviour.
- Complete the course or take the medicine as instructed by your doctor.
- If you miss a dose do not try to catch up by taking two or three missed doses at once.
- Never share your medicines, even if someone else has similar symptoms.
- Your vision may be blurred for a short time after using eye drops, gel or ointment. Do not drive or operate machinery until you can see clearly again.
- Do not let the dropper touch the eyelashes or the eye itself.
- Never rest the dropper on table tops or other surfaces.
- Do not breathe on the dropper or touch the dropper opening.
- Firmly close the lid immediately after use and store the bottle upright. Keep the bottle in a cool place or as directed.
- Dispose after four weeks of opening.



以下表格可以帮助您记录眼药水的使用。请问您的护士、药剂师或者医生帮您填写要求的用量。

The table below will assist you when using your eye drops. Please ask your nurse, pharmacist or doctor to fill in your dosage requirements.

Name of eye drop 眼药水名字	Right or left eye 右眼或者左眼	8am 早上 8 点	10am 早上 10 点	12pm 中午 12 点	2pm 下午 2 点	4pm 下午 4 点	6pm 下午 六 点	8pm 晚上 8 点	10pm 晚上 10 点

如果需要滴一种以上的眼药水，那么至少要等五分钟才能滴下一种眼药水。否则第二种眼药水会将第一种冲出眼睛。最后使用更稠的药物（先滴眼药水再使用眼胶最后使用眼膏）。

If administering more than one eye drop wait at least five minutes before administering the next eye drop. Otherwise, the second eye drop will wash the first one out of the eye. Use thicker products last (drops before gel before ointment).

免责声明

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