

How to use ear drops



1. Read the instructions on the label carefully and only treat the ear that requires the drops. Make sure you understand exactly what the instructions mean and follow them at all times. If in doubt – ask your pharmacist.
2. Wash your hands with soap and water or hand sanitiser.
3. Remove the lid of the ear drops.
4. Check that the dropper or nozzle is clear and is not chipped or cracked.
5. Tilt your head or lie on your side with the affected ear up.
6. Gently pull the ear backward and upward (or if giving to a child younger than 3 years of age, pull backward and downward) to open the ear canal.
7. Place the prescribed number of drops into the ear. Gently press on the small skin flap over the ear to help the drops to run into the ear canal.
8. Stay with your head tilted for several minutes so the drops can spread to the inside of the ear.
9. Replace and tighten the lid of the ear drops straight away.
10. Wash your hands to remove any medication.



Image courtesy of the Pharmacy Guild of Australia



Handy tips:

- If you think you may have difficulty using the eardrops, it may be better to get someone to do it for you.
- Complete the course or take the medicine as instructed by your doctor. Do not use medicines after the expiry date on the product.
- If you miss a dose do not try to catch up by taking two or three missed doses at once.
- Store ear drops upright in a cool place. Keep all medicines out of the reach of children. Avoid taking medicine in front of very young children – they may copy your behaviour.
- Never share your medicines, even if someone else has similar symptoms.

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