

Yes, I would like to:

- make a donation
- subscribe to receive the newsletter *Glaucoma News*
- order a FRIO Eye Drop Wallet

Title.....Given Name

Surname.....

Address.....

.....State.....Postcode.....

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Annual Subscription Fee \$.....\$20 or pensioners \$15

A Donation ^ \$.....

FRIO EYE DROP TRAVEL WALLET

Large \$42 each \$..... incl. GST & postage
13.5cmx15.5cm - holds up to 4 bottles

Small \$30 each \$..... incl. GST & postage
9cmx11.5cm - holds one bottle

Total amount enclosed \$.....

- Cash
- Money Order*
- Cheque*

* Please make payable to Glaucoma Australia - ABN 52 610 716 720

^ Donations \$2 and above are tax deductible

or Credit Card AMEX MasterCard Visa

Credit card number

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Expiry Date □□ / □□ CCV □□□□

Cardholder's Name.....

Cardholder's Signature.....

Mail completed form to
Glaucoma Australia
PO Box 420, Crows Nest NSW 1585

SAFETY MEASURES

- Always **check** the label on your eye drop container before instilling your drops
- **Never** overmedicate
- **Do not** adjust the frequency and/or the number of eye drops you have been prescribed without consulting your eye care professional
- **Never** store your eye drops in the glove box of a vehicle or in similar potentially hot areas
- To minimise contamination, after the container has been opened, **do not** let the tip touch your eyes, fingers or any other surface
- Ensure you **discard** the eye drop container and contents after the recommended use-by-date
- **Never** allow another person to use your eye drops and do not use anyone else's drops
- **Keep** eye drops out of the reach of children
- If you wear contact lenses, **remove** them before you instil your drops. You can replace your contact lenses 15 minutes after drop instillation
- Use a **clean tissue** to wipe spilt medication from your face
- Some eye drops may sting or irritate the eye for a short time. **If symptoms persist**, speak to your eye care professional
- **Avoid** stockpiling unopened eye drops
- **Never** miss a scheduled appointment with your eye care professional
- If you have difficulty instilling your eye drops, **consider asking** someone else to instil them for you. Or contact Glaucoma Australia to check if there is a **Dose Administration Aid** available to assist you



New medicines, advances in diagnostic equipment and new therapeutic procedures are continually being developed. Glaucoma Australia disseminates information about these developments through our newsletter "Glaucoma News".



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WHAT YOU SHOULD KNOW ABOUT EYE DROPS



This booklet is designed to give a general overview of eyedrops and how to administer them properly



Our Mission: To eliminate glaucoma blindness

TIPS TO CONSIDER

- ✓ Before starting eye drop treatment, discuss your lifestyle needs with your eye care professional so that they can make the best choice to fit with your schedule
- ✓ Always read the patient information sheet that comes with your eye drops
- ✓ Remember to tell your eye care professional of any other medications you may be taking - including those you buy without prescription, as they may interact with your glaucoma medication
- ✓ Discuss any noticeable side effects with your treating eye care professional
- ✓ If applied to the skin of the eyelids before instilling drops, petroleum jelly can sometimes prevent irritation around the eyes
- ✓ Glaucoma has a family link – **encourage your relatives to have an optic nerve check**
- ✓ Glaucoma Australia sells FRIO Eye Drop Travel Wallets. These will keep drops cool for up to 45 hours without refrigeration and are easy to use, light, compact and re-usable. The inner wallet is activated with water and does not require refrigeration. They come in two sizes:



- ✓ Complete the tear-off form to subscribe to Glaucoma News and/or order your FRIO Eye Drop Wallet.

To subscribe and order online visit
www.glaucoma.org.au

This brochure is intended to help readers understand how to instil eye drops and whilst every effort has been made to ensure the accuracy of this information it is not a substitute for the advice of health professionals. Always consult a health professional prior to any decision regarding your eyes and other health concerns.

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HOW DOES GLAUCOMA MEDICATION WORK?

- **Increased eye pressure** is a major risk factor for optic nerve damage
- Medication works by **lowering eye pressure**
- Because glaucoma often has **no symptoms** people may be tempted to stop taking, or may forget to take, their medication
- Preservation of vision requires patients to take their medication **every day**
- A number of medications are currently in use to treat glaucoma. Your doctor may prescribe a **combination** of medications

IMPORTANT DETAILS ABOUT EYE DROP MEDICATION

- In order for eye drops prescribed for the treatment of glaucoma to be effective, they must be used precisely as prescribed
- Eye drops are sterile (free from bacteria) before the container is opened
- Only administer one drop at a time. The eye can only hold the volume of less than one drop, so some may spill onto your eyelid
- If you taste the drop you are not blocking your tear duct properly
- Eye drops prescribed for the treatment of glaucoma are medical drugs – some may cause adverse reactions in some people
- Always store your drops at a cool, constant temperature, well away from direct sunlight

HOW WILL I REMEMBER MY MEDICATION?

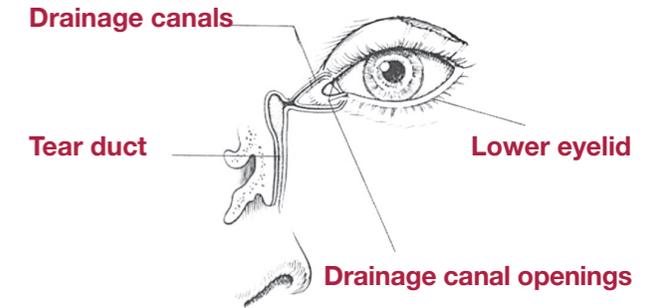
- **Consistency** - Always take your eye drop at the same time every day
- **Send yourself a signal** - Set a daily clock, phone or watch alarm to serve as a reminder to take your eye drop.
- **Make sure you don't run out of medication** - Once you know how long your medication should last, mark your calendar to refill your prescription one week before you expect to run out

HOW TO INSTIL EYE DROPS

- 1 Wash your hands thoroughly
- 2 You can choose to carry out the next steps standing up, sitting down or lying down
- 3 Carefully remove the cap of the eye drop container, ensuring the tip of the container doesn't touch anything
- 4 Tilt your head back (not required if lying down) and look up
- 5 Gently pull the lower eyelid away from the eye to form a pocket (or pouch)
- 6 Position the tip of the container directly over this region. Hold the container as vertically as possible
- 7 Gently squeeze the container. Try to allow only **one drop** to fall onto the inside of the lower eyelid. If you are not sure the drop entered the eye, you may immediately instil another
- 8 Look down, then release the eyelid and close your eye without blinking or squeezing the eyelid or rolling the eye around
- 9 Press the tip of your finger against the inside corner of the closed eye, applying gentle pressure over the drainage canal opening and hold for at least two minutes
- 10 Gently wipe off any excess medication that may have spilt onto your face with a clean disposable tissue or cotton make-up pad
- 11 Repeat steps 4 to 10 if you need to instil an eye drop in the opposite eye
- 12 If you have a number of different eye drops to administer, leave at least 5 minutes between each different drop



THE JOURNEY OF AN EYE DROP



It is important to instil eye drops correctly as a considerable amount may drain from the eye via the tear duct to the nose and the throat, eventually being absorbed into the bloodstream. Depending on the medication being used, this can result in side effects such as shortness of breath, anxiety, depression, heart palpitations or even an asthma attack.

*To minimise the risk of side effects, after instilling eye drops, gently press your finger over the drainage canal openings (tear ducts) with your eyes closed for **two minutes**.*

This simple action will reduce the unwanted absorption of the eye drop into the blood by about two-thirds.

Be sure to take your glaucoma medication/s every day

At least one third of patients are **non-adherent** to their glaucoma medication, increasing the amount of visual loss caused by glaucoma.

Glaucoma Australia works to eliminate glaucoma blindness by

- Raising Community Awareness
- Offering Education and Support (including through the Association's freecall telephone number **1800 500 880** and our informative newsletter *Glaucoma News*)
- Supporting Eye Health Professionals
- Funding Research Projects