



## Taking Glaucoma Medication



because sight is precious

## The Importance of Following Your Medication Regimen

Experts agree that your eye pressure must remain under constant control to prevent your glaucoma from getting worse. That's why it is especially important that you take your prescribed medication on schedule every day.

### Tips to help you stay on track:

**Make a schedule:** Write down the name and dosage, and number of times your medication(s) should be taken each day. Remember that twice a day means every 12 hours, for example, 7 am and 7 pm.

Post your medication schedule in a place where you will see it often such as on the refrigerator door or above your desk at work.

**If you forget** to use your eye drops, put them in as soon as you remember instead of waiting until the next scheduled time. Then get back on your regular schedule for the next time.

**Side effects:** Tell your doctor if your medications are causing reactions or if you are having any difficulty using them. It may be possible to change your medication program.

Medication	Morning	Lunchtime	Evening

## How to Use Eye Drops

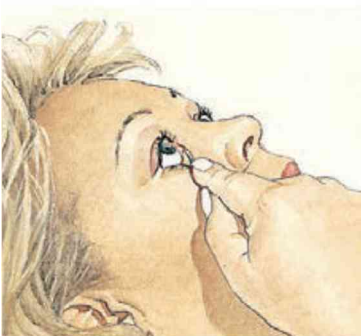
It is easiest to put eye drops in the eye if you are sitting with your head tilted back or lying on your back.

Before using eye drops, wash your hands. Sit down and tilt your head back, or lie down and look at the ceiling. Then follow these steps:

- 1) Make a pocket in your lower lid pulling down with your index finger.
- 2) Look up. Squeeze one drop into the pocket in your lower lid. Don't blink, wipe your eye, or touch the tip of the bottle to your eye or face.
- 3) Close your eye. Keep closed for 2-3 minutes without blinking. Press the inside corner of the eye (to stop the drop from draining into your throat).

Repeat steps 1 through 3 for each eye and each kind of drop you use. Wait for 5-10 minutes between drops.

If you're not sure the drop actually got into your eye, put in another. The eyelid can hold only about one drop, so any excess will run out of the eye. It's better to have excess runoff than to not have enough medication in your eye.





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