

**EARLY DETECTION  
INVOLVES YEARLY EYE EXAMS  
WITH YOUR EYE DOCTOR**

**Some groups of people  
are at higher risk for glaucoma.**

- ✓ Over 40 years old.
- ✓ Family history of glaucoma.
- ✓ Diabetes mellitus.
- ✓ Myopia (nearsightedness).

**Additional Eye Drop  
Information**

- \* Glaucoma drops reduce the pressure in the eye and may prevent further damage.
- \* Some eye drops reduce inflammation & stop infection.
- \* Use drops as directed by your eye doctor or primary care provider.
- \* To avoid washing away the drop, wait 5 minutes before placing another medication.
- \* Some drops may sting or cause temporary blurring of vision.
- \* To avoid forgetting the drops, use them every day at the same time.

**Helpful Suggestions**

- Hand washing prior to placing the drops will help avoid infection.
- If you have trouble tilting your head back, try lying on a bed or recliner to place the drops.
- Refrigerate the drops so you can feel the sensation of where the drop falls.
- Some medications have side effects. Closing the eyes for 3 minutes after placing the drops will reduce this risk.
- **Follow Up** with your eye doctor to check intraocular pressures.
- If you are unable to administer eye medications, ask your pharmacist about devices that might help.
- A friend or caregiver can use these 6 easy steps to assist you.
- Call your primary care provider or eye doctor with questions or concerns.

Primary Open-Angle

**GLAUCOMA**

A leading cause of  
visual impairment!

Do you have problems  
placing eye drops?

Now you can safely  
administer your own  
eye drops with these  
**6 EASY** step by step  
instructions.



## JUST FOLLOW THESE EASY STEPS

### STEP 1

Without touching the tip of the bottle, hold the bottle upside down between the fingers. The tip of the bottle is directed toward the little finger.



### STEP 2

Tilt your head back.



### STEP 3

While holding the bottle, rest the back of the thumb against your forehead.



### STEP 4

Position the tip of the bottle above the eye. Directly **look** at the tip, do not touch the tip to the eye.



### STEP 5

With the other hand, gently pull open the lower eyelid to catch the drop.



### STEP 6

Keep eyes closed gently for 3-5 minutes before opening.

