Moorfields Eye Hospital NHS Foundation Trust

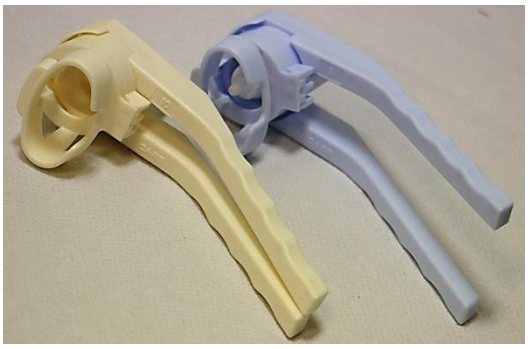
NHS

Patient information: pharmacy

Compliance aids step by step guides-Opticare Arthro®

The Opticare Arthro® is for use with round eye drop bottles, with two different sizes available for smaller and larger bottles. It is designed to help you with the stable positioning of the bottle over your eye, so you can accurately squeeze a drop into your eye. This aid is particularly useful if you have limited hand or shoulder movement, or suffer from arthritis or a sports injury.

Instructions for use:



1. After washing your hands, flip the eye piece up and gently widen the arms so the bottle can fit all the way into the holder.
2. Lie down or sit down comfortably, remove the bottle cap and clip the eye piece back down.
3. Adjust the eye piece to the most comfortable position. Tilt your head back, lower your bottom eye lid, and position the eye piece over your eye.
4. When ready, gently squeeze the arms together to release a drop.
5. Unless your clinician has advised otherwise, close your eye and gently press the inside corner for 30 seconds to help prevent the drop entering your mouth.
6. When finished, flip up the eye piece and replace the cap of your eye drop bottle.

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Revision number: 1
Approval date: April 2018

This information can be made available in alternative formats, such as easy read or large print on request. Please call PALS: 020 7566 2324 / 020 7566 2325

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