Moorfields Eye Hospital NHS Foundation Trust

NHS

Patient information: pharmacy

# Compliance aids step by step guides-Thea Eyot®

The Thea Eyot® is for use with single dose unit eye drops. It is designed to help with the stable positioning of the unit over your eye, so you can accurately squeeze a drop into your eye.

## Instructions for use:

1. After washing your hands, twist off the cap of the single dose unit, and gently insert it between the grooves towards the eye piece until fully in place.
2. Lie down or sit down comfortably and tilt your head back.
3. With the viewing hole of the aid facing upwards, use the aid to help you lower your bottom eyelid, so the lower part of the aid rests near/on your cheek bone.
4. Place the top part of the aid on near/on your brow bone. When ready, look up through the viewing hole, and squeeze the button 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.

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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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