Moorfields Eye Hospital NHS Foundation Trust

NHS

Patient information: pharmacy

Compliance aids step by step guides-Alcon Eyot®

The Alcon Eyot® is for eye drop bottles made by the manufacturer Alcon, fitting their specific shaped bottles- Travatan® Duotrav® and Azarga®.
It is designed to help with the stable positioning of the bottle over your eye, so you can accurately squeeze a drop into your eye.

Instructions for use:

1. After washing your hands, insert your eye drop bottle into the grooves by the mirror (found inside the aid), with the nozzle pointing up towards the mirror.
2. Lie down or sit down comfortably, then twist off the bottle cap.
3. Tilt your head back and place the aid over your eye so that it pulls your bottom lid down to form a pocket.
4. Look in the mirror. When you can see your eye, the bottle should be in the right position.
5. Look through the pin hole at top, and when ready, squeeze the sides to release a drop into your eye.
6. 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.
7. When finished, replace the cap of your eye drop bottle.

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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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