

# How to give your child eye ointment: information for families

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This information sheet from Great Ormond Street Hospital describes how to give your child eye ointment. There is also a short video podcast available on our website at [www.gosh.nhs.uk/conditions-and-treatments/medicines-information](http://www.gosh.nhs.uk/conditions-and-treatments/medicines-information). An Easy Read information sheet is included for your child. If you have any questions about your child's eye ointment, please ask your family doctor (GP) or local community pharmacist.

## What to do

1. Wash your hands
2. Get your child into any of these positions:
  - Tilt your child's head back
  - Lay your child flat on their back with their head turned to the side
  - Ask someone to hold your child in a safe position as above
  - Wrap your baby or young child in a light blanket or sheet to keep their arms still
3. Shake the bottle.
4. Remove the top of the bottle and throw away the plastic seal.
5. Gently pull your child's lower eyelid.

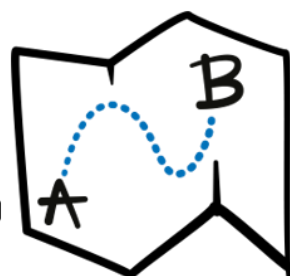
Note: Avoid touching the tube against your child's eye, eyelashes or any other surface

6. Apply a 1cm (half-inch) strip of ointment inside the inner surface of your child's lower eyelid.
7. Release the lower eyelid and ask your child to close their eyes for a few minutes.
8. Put the top back on the tube and wipe away any excess with a clean tissue.












Note: Eye ointment will make your child's eyes appear 'sticky', especially after sleeping. Wipe any stickiness away with a clean tissue dampened with cooled, boiled water.

## Storing the eye ointment safely

- Keep all medicines out of the reach and sight of children.
- Keep the tube tightly closed in a cool, dark place according to the instructions on the label.
- Read the instructions on the label and only use the ointment in the affected eye. If you are given a different tube for each eye, make sure you use the correct tube for each one.
- Eye ointment should not be used more than four weeks after you first open the tube. If you are giving your child eye ointment for a certain number of days, write the date you open the tube on the label so you will know when to throw it away.
- Always check the expiry date of the medicine before you give it to your child.



## How to use eye ointment

	Wash your hands
	Sit on a chair
	Take the lid off the tube
	Look upwards towards the ceiling
	Keep your eye open and pull the bottom lid down
 <b>cm</b>	Put about 1cm of ointment inside your bottom eye lid
	Close your eyes for a few seconds
	Put the top back on the tube
	Store the tube in a safe place away from children
	Store the tube in the fridge if the label says so
	If you have any questions, ask your pharmacist

