Precautions
注意事項

• Do not use the eye drop if it is expired or discoloured.

切勿使用已過期或變色的眼藥水。

• Do not share your eye drop with others to avoid cross contamination or delay of proper treatment.

為防止傳播病菌及避免耽誤病情，切勿將自己的眼藥水給予他人使用。

• Take off contact lenses before applying the eye drop if they are not compatible with each other.

如果您的眼藥水與隱形眼鏡不兼容，請在使用眼藥水之前將隱形眼鏡除下。

Please scan the QR code for information & instructions for Other Medications.

如欲索取其他藥物資料及指引，請掃瞄二維碼

Disclaimer 免責聲明
The above information provided is for reference only. Please consult your doctor or pharmacy staff if you have any queries.

此資訊只供參考之用。
如有任何疑問，
請向主診醫生或藥房職員查詢。

https://www.hkbh.org.hk
Drug information hotline 藥物查詢熱線
2339 8964
PHARMACY DEPARTMENT 2022
藥劑部 2022

HOW TO USE EYE DROPS
眼藥水的使用方法

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Steps of using eye drop
使用眼藥水的正確步驟

1. Wash hands with soap.
用肥皂清洗雙手。

2. Use a clean cotton ball
to clean the eye gently
if there is any drainage or
crusting in the eyes.

如眼睛有流眼水或結痂現象，請用乾淨
的棉球輕將其拭去。

3. Lean the head backwards
or lie down in bed.

頭部向後仰或躺臥床上。

4. Gently pull the lower eyelid
downwards to form a pouch while
directing your gaze upwards.
Squeeze the eye drop into the pouch
with the other hand.

用手指輕輕把下眼瞼拉下成袋狀，
眼向上望，手持藥瓶，
擠壓藥瓶將眼藥水滴入眼瞼內。

5. Gently close the eyes and do not blink
or rub. Use clean tissue to wipe off
excessive fluid.

滴藥後輕閉上眼睛，切勿用手擦眼及眨
眼，用清潔紙巾抹去眼皮多餘藥水。

6. Gently press the inner corner of
the eye for a few minutes.

以手指輕壓內眼角數分鐘。

7. Close the cap of the eye drop
immediately after use.
Do not rinse or wash the tip of
the uncapped bottle.

用後必須立即蓋好藥瓶滴嘴，
切勿用清水洗濯。

8. Repeat step 3 to 7 if there are
more than one type of eye drops to
be applied at the same time; there
should always be a few minutes in
between applications.

如同時使用兩種不同的眼藥水或眼藥膏
請重複步驟三至七；使用期間應相隔數分鐘。

If there is difficulty in using eye drop,
try to close the eye and place the
eye drop in the inner corner
of the eye near the nose.
Slowly open the eye and then close it.
The eye drop should be able to fall
right into the eye.

如使用眼藥水有困難時，請嘗試合上眼睛，
然後將眼藥水滴在鼻子附近的眼角處。
再慢慢睜開眼睛，然後閉上眼睛。
眼藥水將會順利地落入眼睛裏。

Seek assistance from others to
apply the eye drop for you
if necessary.

如有需要，請他人協助使用眼藥水。

**Do not let the tip of the
bottle touch the eye to
avoid contamination
to the eye.**

**切勿讓滴嘴接觸到眼睛或眼蓋，
以免損害眼睛及污染滴管。**