

Precautions 注意事項

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

切勿使用已過期或變色的藥水。

- 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。

For Interest in Information & Usage
Instruction for Other Medications
如對其他藥物的資料及指引有興趣

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Disclaimer 免責聲明

The above information provided are 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>



HOW TO USE EYE DROP

眼藥水的使用方法

PHARMACY DEPARTMENT 2021

藥劑部2021



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Step To Eye Drops



Steps on using the eye drop 使用眼藥水的方法

1. Wash hands with soap.
用肥皂清洗手部。
2. Use a clean cotton ball or cloth 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，請用乾淨的棉球或布輕輕將其拭去。
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 eye. Do not blink or rub the eye. Use clean tissue to wipe off excessive fluid around the eye.

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. Apply pressure with one finger at the inside corner of the eye by your nose for a few minutes to help the drop stay in the eye.

以手指輕壓眼角鼻樑處數分鐘，以防止眼藥水流失。

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 6 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，請重複步驟三至六；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。

Ask a family member or someone else to apply the eye drop for you if necessary.

如有需要，請讓家人或其他人協助使用眼藥水。

Do not let the tip of the bottle touch the eye to avoid contamination/damage 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。