

International Glaucoma Association (IGA)

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MY EYE DROPS

Why do I take them?

How do they work?

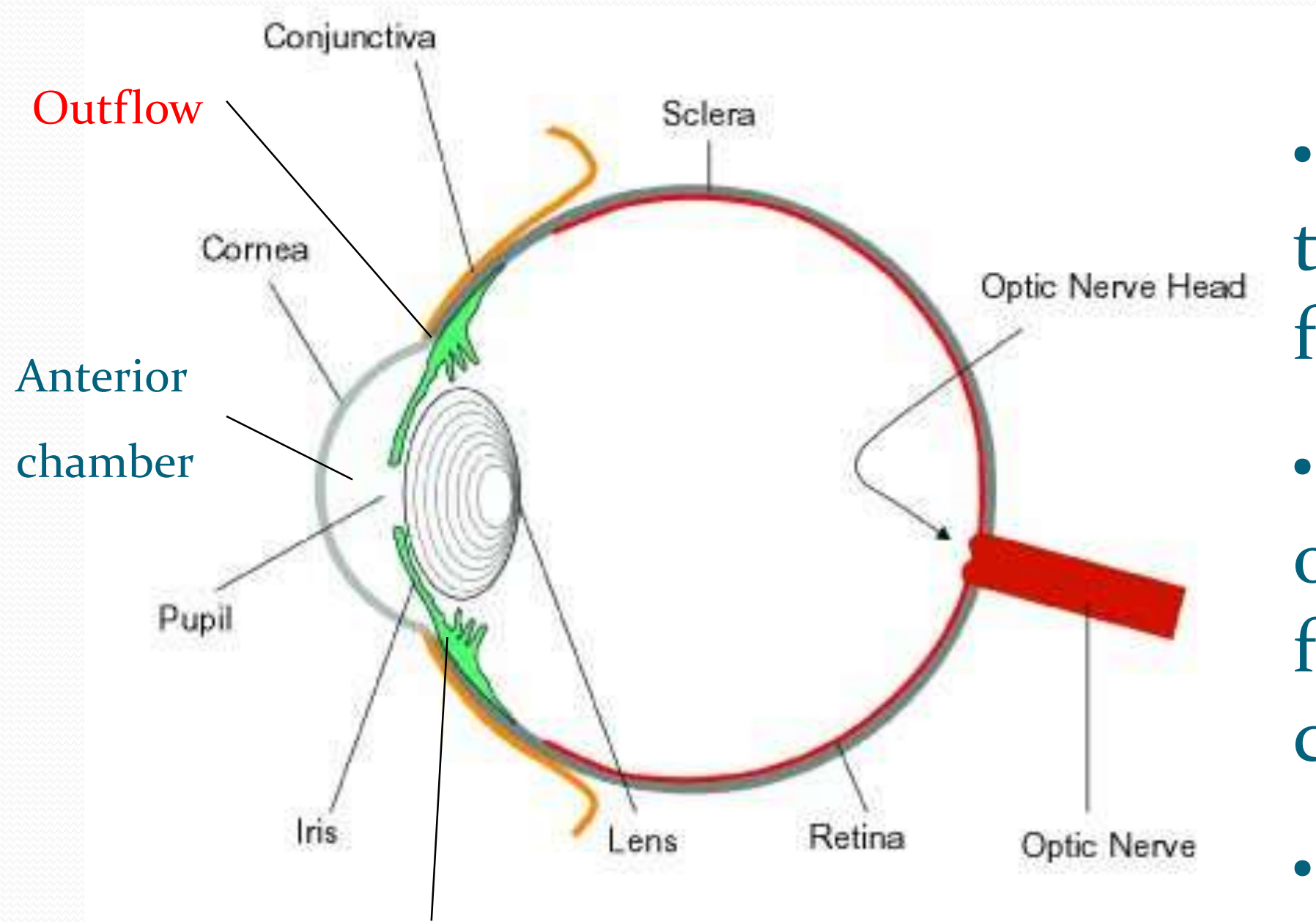
How do I put them in?

When do I put them in?

Drops

- Frequently the first treatment option
- Used to decrease pressure in the eye
- Even if pressure is 'normal' reducing it helps to stop deterioration of vision

Pressure can be lowered in two ways



- Either decrease the production of fluid
- Or increase the outflow of fluid from the anterior chamber
- Or combined approach

Those used to slow production of fluid

- The Beta Blockers
- Carbonic Anhydrase Inhibitors
- Alpha Agonists

Increased Outflow

- Prostaglandins – do this by using a different route for outflow (the ‘uveo-scleral route’) not through trabecular meshwork
- Cholinergic agonists

Combination Drugs

- Prostaglandins and Beta Blockers
All once a day at bedtime (Before 10.00 PM)
- Xalacom (latanoprost + timolol)
- Duotrav (travoprost + timolol)
- Ganfort (bimatoprost + timolol)



Use your drops correctly

- Drops are for life
- They slow down or stop the deterioration of vision – they cannot reverse the process
- Take them at the correct time every day – get into the habit
- Develop a good technique

PUTTING IN THE DROP







Occlude the Puncta

- The dose of drug in eye drops is very low
- But can get into the system
- So – shut your eye after putting in drop
- And occlude your puncta



It is important to instill eye drops correctly as a considerable amount may drain from the eye via the tear duct to the nose and the throat, eventually being absorbed into the bloodstream.

Depending on the medication being used, this can result in side effects such as shortness of breath, anxiety, depression, heart palpitations or even an asthma attack.

To minimize the risk of side effects, after instilling eye drops, gently press your finger over the drainage canal openings (tear ducts) with your eyes closed for two minutes. This simple action will reduce the unwanted absorption of the eye drop into the blood by about two-thirds.



PRESS LIGHTLY FOR A MINUTE



Use your drops correctly

- Drops are for life
- They slow down or stop the deterioration of vision – they cannot reverse the process
- Take them at the correct time every day, let the Drops perform at its peak – get into the habit
- Develop a good technique
- Don't forget to press lightly at the corner of the eye to prevent Drops entering the system & get the maximum benefit

Thank you for your
attention.

Any Questions?
Suggestions?

