

# Sodium Hyaluronate 0.2% Eye Drops

Patient information

# What are Sodium Hyaluronate eye drops used for?

Sodium Hyaluronate eye drops are lubricating eye drops for dry eyes. They can be used to protect your eye from irritations such as contact lenses, dry air and to provide relief after an injury to the eye such as a corneal abrasion. A corneal abrasion is a scratch or graze to the clear front surface of the eye called the cornea.

## How are Sodium Hyaluronate eye drops given?

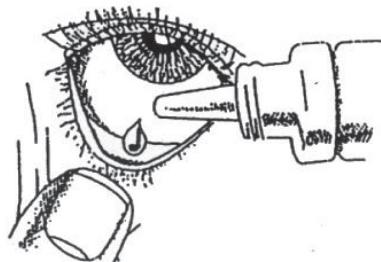
**Dose:** Two drops should be applied to your affected eye four times a day. You can use further drops to provide relief from dryness or irritation if necessary.

The eye drops should be applied to your affected eye following the instructions below.

You will have a follow up appointment with an Ophthalmologist (eye doctor) who will tell you when you can stop using the drops.

### To apply the eye drops:

- 1 Wash your hands
- 2 Remove the cap from the bottle
- 3 Tilt your head back and look up
- 4 Hold the bottle upside down above your eye
- 5 Gently pull down the lower lid to form a sac and look up at the bottle
- 6 Carefully squeeze the sides of the bottle to drop two drops into the sac of your lower lid then blink to spread the eye drop across the surface of the eye.
- 7 Screw the cap back on the bottle after use.



Try to avoid touching the dropper tip with your fingers, eye lashes, or to the eye itself. If this does happen, wipe the dropper tip with a clean dry tissue. Screw the cap back on the bottle after use to keep it clean for next time. Do not worry if you get a few extra drops in your eye. This will not be harmful; you cannot overdose or do any damage.

## **What are the side effects of Sodium Hyaluronate eye drops?**

Side effects of sodium hyaluronate eye drops are rare. You may experience a slight and temporary blurring vision after applying. Wait until the blurring has resolved before undertaking any activities that require clear vision such as driving or operating machinery. Do not use if you have allergies or sensitivities to any of the ingredients in eye drop. Speak to the doctor or pharmacist and they can recommend an alternative.

## **What else do I need to know?**

Apply the sodium hyaluronate eye drops before any other eye drops you may be using e.g. antibiotics eye drops or eye drops for glaucoma. Wait 10-15minutes after administering the sodium hyaluronate drops before administering any other eye drops. Once opened the bottle can be used for up to 90 days. Any unused eye drops should be discarded after this time. The eye drops are suitable for use with contact lenses but check with your doctor if you can wear contact lenses if you have received a recent eye injury e.g. corneal abrasion.

## Who can I speak to if I have any questions?

The doctors caring for you will be happy to answer any questions you may have.

If you have any concerns about your eye you can contact the Sussex Eye Hospital A&E through the hospital switch board **01273 696955**.

A patient information leaflet written by the manufacturer is available inside the eye drop box. Please read this for additional information.

A free telephone line for people with difficulty with their sight run by the Royal National Institute for Blind People is available. They provide medicine information leaflets in large print, braille and as an audio CD. **0303 123 9999**

**This leaflet is intended for patients receiving care  
in Brighton & Hove or Haywards Heath**

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