

# How to use Ear Drops

滴耳藥水的使用方法



Gleneagles Hospital

HONG KONG

港怡醫院

## Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



### Hospital address

1 Nam Fung Path,  
Wong Chuk Hang, Hong Kong

### 醫院地址

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 港怡醫院  
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# How to use Ear Drops

## 滴耳藥水的使用方法

### Step 1 步驟1

Always wash your hands thoroughly with soap and water before administering ear drops.

使用滴耳藥水前，先用肥皂/洗手液清潔雙手。



### Step 2 步驟2

Clean your outer ear with a damp cotton swab.

用溫水沾濕藥棉清潔外耳。

### Step 3 步驟3

With the affected ear facing upwards,

**For adult:** Stand up and tilt your head to one side, pull your ear upwards and backwards.

**For children aged younger than 3 years:** Lay down and pull your earlobe downwards and backwards.

使用時：

**成人** - 站立，將頭部傾側、耳朵向上，手持耳朵向後及向上輕拉；

**三歲以下小童** - 躺下，身體側臥、耳朵向上，手持耳珠向後及向下輕拉。



### Step 4 步驟4

Instill the required number of ear drops into the ear canal. Avoid the dropper touching the ear to prevent contamination.

把所需的滴數滴入耳道，避免滴管觸碰耳部，以免耳藥水受到污染。



### Step 5 步驟5

After administering the ear drops, gently pull your earlobe upwards and downwards to allow the drops to run into your ear. Keep your head tilted sideways for around 2 minutes to make sure the drops stayed.

上下輕搖耳珠以助藥水流入耳內。保持頭部傾側約兩分鐘，讓藥水能到達耳內並發揮藥效。



### Step 6 步驟6

Wipe away any excess liquid with a clean cotton swab after 2 minutes.

兩分鐘後，多餘的耳藥水可以用藥棉抹走。

### Step 7 步驟7

Recap the bottle immediately after use. Do not wash or wipe the dropper.

用藥後立刻把瓶蓋蓋上，不應沖洗或抹乾滴管。



## Additional information

### 注意事項

- Check the drops and its expiration date. Never use discoloured, deteriorated or expired ear drops.
- For ear drops which require refrigeration, warm the bottle on your hands. Raising it to body temperature can make it more comfortable to use.
- 檢查耳藥水和到期日。切勿使用變色、變壞或過期的耳藥水。  
用冷藏的滴耳藥水前可將藥水瓶平放於手掌心使藥水溫度接近體溫，使用時較舒服。

This leaflet is for reference only. Please consult your doctor or pharmacist if you have any questions.

藥物小冊子只供參考之用，如有疑問可向醫生或藥劑師查詢。