# How to use Ear Drops

滴耳藥水的使用方法





#### 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)。



免費專車服務時間表

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#### 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。



1 Nam Fung Path,

Wong Chuk Hang, Hong Kong

醫院地址

香港黃竹坑南風徑1號

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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

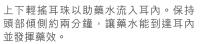
Instill the required number of ear drops into the ear canal. Avoid the dropper touching the ear to prevent contamination.

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.





#### Step 6 步驟6

Wipe away any excess liquid with 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

- I Check the drops and its expiration date. Never use discoloured, deteriorated or expired ear drops.
- I 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
- Ⅰ 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。