

# How to use Eye Drops

滴眼藥水的使用方法



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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## 滴眼藥水的使用方法

### Step 1 步驟1

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

使用眼藥水前，請先用肥皂 / 洗手液清潔雙手。



### Step 2 步驟2

Remove contact lens before applying the eye drop.

如有配戴隱形眼鏡，使用眼藥水前要先除下。

### Step 3 步驟3

Clean your eyelid from inside to outside with a cottonbud and warm water to remove any eye dirt.

以溫水沾濕棉花棒由內至外清潔眼瞼。

### Step 4 步驟4

Tilt your head backwards, gently pull down the lower eyelid with a finger to form a pocket between the eye and the lower eyelid, and then look upward.

先將頭向後微仰，用食指輕輕將下眼皮拉開，露出眼瞼內側，然後眼睛向上看。



### Step 5 步驟5

Hold the bottle (tip down) by another hand, squeeze gently and allow the drop to fall in the pocket without touching it by the dropper.

輕按眼藥水瓶，將眼藥水滴入下眼瞼內側。避免滴管接觸眼睛。



### Step 6 步驟6

Close your eyes for 1 to 2 minutes. Gently press the inner corner of your eyes over the tear duct to prevent the drops from draining away.

滴藥水後，放鬆下眼瞼，輕閉眼睛一至兩分鐘。輕按眼內角，防止眼藥水從淚管流出。



### Step 7 步驟7

Wipe any excess liquid around your eye with a clean tissue.

用紙巾拭去多餘藥水。



### Step 8 步驟8

Recap the bottle immediately after use. Do not clean the tip of the bottle.

用藥後立刻把眼藥水瓶蓋上。切勿以清水沖洗眼藥水瓶滴管。



## Additional information

### 注意事項

- | Discard the eye drops four weeks after opening. (or as directed by doctor or pharmacist)
- | If applying same eye drop more than once, wait at least 5 minutes before second application.
- | If you need to use more than one type of eye drops/ointments, use eye drops first and wait at least 5 to 10 minutes for ointment application.
- | For eye drops that are stored in the refrigerator, warm it before use by rolling it gently between the palms of your hands several times.
- | 開瓶後的眼藥水需要在四星期內棄置。(或按醫生及藥劑師指示使用)
- | 如需使用相同的眼藥水兩次或以上，使用期間需相隔五分鐘或以上。
- | 如同時使用眼藥水及眼藥膏，請先使用眼藥水，待五至十分鐘後再使用眼藥膏。
- | 冷藏的眼藥水使用前需要將藥水瓶平放於雙手手掌心微微搓熱。

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。