

# How to use Ear Drops

滴耳藥水的使用方法



On your side 護您同行



Gleneagles

HONG KONG

港怡醫院

# 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。



## Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park 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海洋公園站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule  
免費專車服務時間表

## MTR 港鐵

- South Island Line 南港島綫
- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



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