Information for Patients – Use of Low-dose Atropine

使用低劑量阿托品病人須知

Care Advice

護理須知



Gleneagles Hospital
HONG KONG
港怡醫院

Follow up:

- Remember to follow up as scheduled
- Should you have any doubt, please consult your doctors or nurses
- Information are provided by Gleneagles Hospital Hong Kong

覆診：

- 緊記如期覆診
- 如有任何疑問，請即向本院醫生或護士查詢
- 以上資料由港怡醫院提供

Eye Specialist Outpatient Clinic
眼科專科門診

Location 位置	Clinic A, G/F, Tower A A 座地下 — 診所 A
Opening Hours 開放時間	
Monday - Friday 星期一至五	9:00am – 6:00pm
Saturday 星期六	9:00am – 1:00pm
Sunday and Public Holiday 星期日及公眾假期	Closed 休息
Appointment hotline 預約熱線	+852 3153 9000
WhatsApp	+852 6452 3581 (For WhatsApp only 只限WhatsApp)
Email 電郵	soceec@gleneagles.hk

Effective date: 04/11/2026 Ref: GEYE-L02-R3-11/26

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), and between MTR South Horizons Station (Exit A) and the hospital (main entrance).

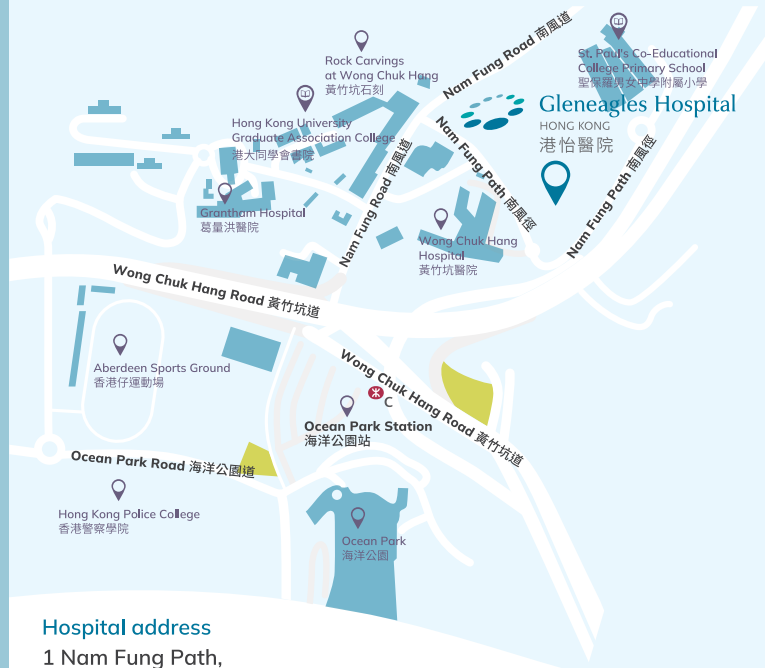
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站**（A出口）及醫院（正門），以及往來港鐵**海怡半島站**（A出口）及醫院（正門）。

Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walkingdistance 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

香港黃竹坑南風徑1號

Mainline 電話	+ 852 3153 9000
WhatsApp	+ 852 6452 3581 (For WhatsApp only 只限WhatsApp)

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Introduction:

Low-dose Atropine (such as Myopine, 0.01 % Atropine SDU or 0.05% Atropine SDU) is an established, evidence-based method for controlling myopia progression in children.[1] There is a strong clinical evidence for its safety and effectiveness in children.[2]

簡介：

低劑量阿托品（如Myopine，0.01%阿托品SDU或0.05%阿托品SDU）有臨床證據可以控制兒童近視發展。[1] 低劑量阿托品的安全性和有效性有臨床證據。[2]

Advantages:

- Compared to traditional dosages of Atropine (0.1%, 0.5% and 1%), low-dose Atropine (0.01% and 0.05%) is much less likely to affect pupil size and lens accommodation amplitude.
- Most children on low-dose Atropine treatment do not need to wear spectacles with progressive additional lenses or photochromic lenses.

好處：

- 與傳統劑量的阿托品（0.1%、0.5%和1%）相比，低劑量阿托品（0.01%和0.05%）甚少使看近的東西模糊。
- 無需配戴漸進式眼鏡進行閱讀。它甚少引起懼光，因為其對瞳孔的影響很少。

Care & Advice:

- Please follow instructions from healthcare staff or dispensers on eye drop administration techniques.
- It is not advised to stop atropine treatment without prior consultation with your ophthalmologist, in view of the risk of rebound effect on sudden cessation.[3]
- Myopine (0.01% Atropine) eyedrops contain the preservative Benzalkonium Chloride. While it has been proven to be safe for use in children, very rarely it may cause eye irritation and/or a local allergic reaction.
- If your child develops redness or itchiness of his/her eyes during use, please contact our healthcare staff or your ophthalmologist immediately.
- Normal treatment dosage: **one drop** per eye **in the evening before bedtime or at night, to lower potential impact to vision**.
- Preservative-free eye drops are stored in single-use vials and the vials shall be discarded after **single-use,** and shall not be used repeatedly.
- The aim of low-dose atropine treatment is to slow down the rate of myopia progression, and is not effective in reversing myopia, so patients on atropine treatment will still need to wear spectacles for refractive correction.

References 參考資料：

1. VIRGILIO GALVIS ET AL. TOPICAL ATROPINE IN THE CONTROL OF MYOPIA. MED HYPOTHESIS DISCOV INNOV OPHTHALMOL. 2016 AUTUMN; 5(3).
2. CHIA A ET AL. ATROPINE FOR THE TREATMENT OF CHILDHOOD MYOPIA: SAFETY AND EFFICACY OF 0.5%, 0.1% AND 0.01% DOSES (ATROPINE FOR THE TREATMENT OF MYOPIA2). OPHTHALMOLOGY. 2012 FEB; 119(2)347-54.
3. KENDRICK CO SHIH ET AL. USE OF ATROPINE FOR PREVENTION OF CHILDHOOD MYOPIA PROGRESSION IN CLINICAL PRACTICE. EYE & CONTACT LENS 2016; 42: 16-23.

護理及建議：

- 請遵循醫護人員或派藥員指示使用眼藥水。
- 在未事先諮詢眼科醫生的情況下，不建議自行停用阿托品治療以免有反彈的風險。[3]
- Myopine（0.01%阿托品）含有防腐劑苯扎氯銨。此成分已獲證實可以安全用於兒童，而且極少刺激到眼睛及/或引起局部敏感反應。
- 如兒童使用眼藥水後眼睛出現紅腫或痕癢，請立即聯絡醫護人員或主診醫生。
- 正常用量：每次使用一滴就足夠了，建議於**晚上睡前或晚間使用，以減低有可能對視力造成的影響。**
- 不含防腐劑的眼藥水，開蓋後只能用**一次**，並請於使用後棄掉，不能重複使用。
- 使用低劑量阿托品主要目的為減慢近視加深，並不會有效矯正近視，所以病人仍需要配戴近視眼鏡。

