

Eye Drop Aids

Many people find putting in their eye drops a challenging task. Sometimes the reason that patients don't comply well with their prescribed treatment is not forgetfulness or failing to take the doctor's instructions seriously – rather it's physical difficulty in accomplishing the task effectively. People with arthritis or a poor grip might find the bottle hard to unscrew. Others have difficulty in aiming the drop to land in their eye and have no one else at home to help them.

Various devices have been designed to address such problems. One clever little device is a small spanner which makes it easier to untwist the bottle top.

Another product named the 'Autosqueeze' cradles the bottle and has wide wings to make squeezing the bottle easy. This is especially helpful when the bottle is a firm one which is difficult to squeeze easily.

Some eye drop delivery devices are cylindrical in shape and provide not only a cradle for the bottle, but an eye cup which you place over your eye. The bottle is then correctly positioned to release a drop accurately into your eye. The small 'Autodrop' eye drop guide holds the eye open and directs the drop correctly.

Some devices combine an eye guide with a mechanism to aid squeezing or a button to push to dispense the drop.



Benefits from using such eye drop aids such as these include the fact that drops are not wasted when you miss your eye, and in the case of the dropper with the push button the correct amount is dispensed. If the task is made easier in these ways you're less likely to skip your drops, and so you are maximising the likelihood of a good outcome for your sight.

Eye drop aids such as the ones shown in the photo are available from your ophthalmology departments and eye clinics. If you have trouble obtaining one, contact the pharmaceutical company which manufactures your drops. They should be able to help you. It's important to realise that not all the aids shown here work for every type of eye drop. Some fit only one particular kind of bottle. An ophthalmic nurse at the Eye Clinic will be able to show you how to use the device that's suitable for your eye drop bottle. There are also a few commercially available products – ask your pharmacist.

New Staff Member



We are delighted to welcome a new staff member in the Glaucoma NZ office. Karon Farmer will assist Heather Hyland with administration. She looks forward to meeting many of you at the June meetings in Auckland.