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Best Practices*

Procedure for Instillation of Eye Drops

Purpose:

- To administer medications according to written physician orders.
- To maintain proper documentation of the administration of both prescription and non-prescription drugs.
- To use the proper techniques when administering ophthalmic medications.

Step Complete	Step #	Step
	1	Verify the identity of the patient.
	2	Verify the medical directive (orders) for the instillation of eye drops.
	3	Check for history of any allergies.
	4	Ensure adequate room illumination.
	5	Wash hands. Put on gloves (optional).
	6	Check the medication label for correct application to eye(s). Check for expiration and verify which eye(s) is/are to be medicated.
	7	Explain the procedure to the patient including potential side effects. If instilling a dilating drop, check anterior chamber depth.
	8	Position patient in a sitting position with head tilted back.
	9	Remove cap; hold the dropper over the eye.
	10	Have the patient look up as the lower lid is gently pulled down; squeeze the dropper to release one drop into the inferior cul-de-sac. Do not allow the dropper to touch the conjunctiva, eyeball, eyelid or eyelashes. If contact is made, the bottle is considered contaminated and clinic policy should be followed with the contaminated bottle.
	11	Release the eyelid and tell patient to close the eye gently for 30 seconds to contain the drop, allowing even distribution of the eye drop, and preventing rapid clearance of medication caused by blinking.
	12	Replace the cap immediately after use.
	13	Blot excess medication from face with tissue and dispose of tissue in waste container.
	14	Repeat above steps for the second eye if indicated.
	15	Clean area; store medication according to instructions.
	16	Remove gloves (if used). Dispose of gloves according to clinic policy.
	17	Assist patient to comfortable position.
	18	Wash hands.
	19	Record administration and time of instillation in medical record as required.

***Note: We recommend reviewing the task with your ophthalmologist to follow any special or specific physician instructions or orders.**