



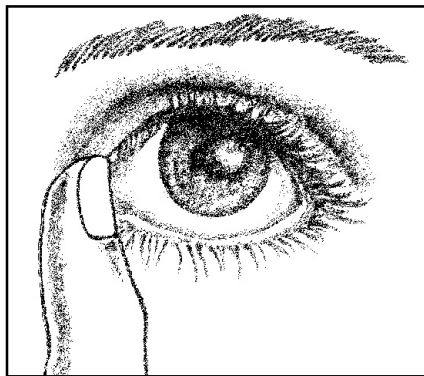
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## TAKING YOUR EYEDROP MEDICATION

When an eyedrop is placed in the eye, some of it exits through the tear drainage system called the nasolacrimal duct, located at the corner of the eye near the nose. The drug then passes through the sinuses, and is quickly absorbed into the bloodstream. Unpleasant side effects can occur when the drug reaches other parts of the body, such as the heart, liver or kidneys. Side effects from some eye medications can include asthma, low blood pressure, high blood pressure, changes in heart rhythm, depression or nervousness. A simple technique, called nasolacrimal occlusion, or NLO, can prevent the drug from flowing into the drainage duct. That keeps more medicine in your eye and makes the drug more effective. Below are the step by step instructions on how to apply the NLO technique.

### Applying the NLO Technique



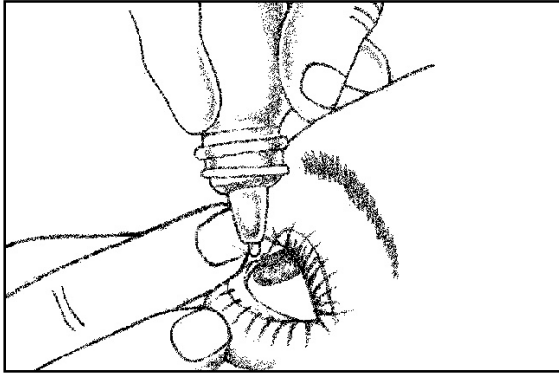
**TIP:** Keep the eye drop container clean. Avoid touching the dropper against the eye or anything else. After applying drops, replace the cap right away without wiping or rinsing off dropper.

#### **STEP ONE**

Tilt your head back. Using your middle finger, gently press the corner of the eye by the side of the nose.

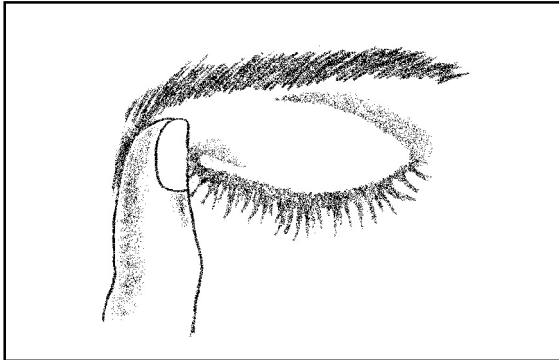
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Founded in 1908, Prevent Blindness America is the nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness America touches the lives of millions of people each year through public and professional education, advocacy, certified vision screening training, community and patient service programs and research.



### **STEP TWO**

Use your index finger to pull down the lower lid. Then apply the eyedrop medication.



### **STEP THREE**

After applying the eyedrop, let go of your lower lid. Close the eye and keep the middle finger in place for at least two minutes. If you're applying more than one type of drop, wait at least 15 minutes for the next application. Use a facial tissue to wipe away excess drops on eyelids.

**Call the PBA Vision  
Health Resource  
Center at  
1-800-331-2020 for  
more information.**

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