



Take a look at Glaucoma

Get the best from
your medicines



Veterans' MATES

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UniSA

Glaucoma is an eye disease most commonly treated with eye drops. The ongoing use of these eye drops is vital to prevent loss of vision.

What should I do?

- Make sure you use your glaucoma eye drops as instructed.
- Talk to your doctor if you are having any problems using your eye drops.
- If you are using a number of different eye drops, make sure you know what each is for.
- Be aware that glaucoma eye drops are medications that can have side effects and may affect other health conditions.
- Ask your doctor or pharmacist about possible side effects from your glaucoma eye drops and what to do if they occur.
- Tell all the doctors you visit about all the medicines you are using including your glaucoma eye drops.

Glaucoma eye drops

- Glaucoma eye drops need to be used every day.
- More than one type of eye drop may be used to treat your glaucoma.
- Like all medicines, glaucoma eye drops can have side effects which may occur at any time.
- Some glaucoma eye drops can cause shortness of breath. Tell your doctor if you are feeling short of breath.
- Other side effects can include; irritated eyes, dry mouth, bitter taste, headache and drowsiness/fatigue.
- Talk to your doctor if you are concerned about any side effects.

Other health conditions

Some glaucoma eye drop medicines may affect other health conditions such as:

- asthma
- lung disease
- heart disease.

Tell all the doctors you visit about all the medicines you are using to ensure you receive the most suitable glaucoma eye drop.

Talk to your doctor if you have any concerns about the medicines you are taking.

To get the best from your eye drops

- Ask your doctor or pharmacist to review your eye drop technique.
- Use daily routines such as mealtimes or bedtime to help you remember to use your eye drops.
- You may find it easier to use your eye drops if you have someone help you, use a mirror or lie down to instil the drops.
- Throw away your drops and get a new bottle as instructed. This is often 28 days after opening.
- If you have poor vision, try storing your eye drops in the fridge. You will feel the cold drop going into your eye.
- If you use more than one eye drop, wait for at least 5 minutes before using the next drop.
- Always wash your hands before using your eye drops.

A handy tip for using your eye drops

Once you have inserted the drop, close your eye and press your index finger gently against the inner corner of your eye near your nose, without touching the eye itself. Then hold for at least 2-3 minutes.



This helps keep the drops in contact with your eye and reduces side effects.