

## MEDICATION USAGE INSTRUCTIONS How to Use **Ear Drops** Properly

1 Wash your hands well with soap and water.



For adults or children over three, gently pull the top of the ear upward and backward.

2 Warm the eardrop bottle by holding it in the palm of your hand for a few minutes. This will make the eardrops more comfortable to instill.



5c For children under three, gently pull the bottom of the ear back and down. This will straighten the ear canal.

3 If instructed by your pharmacist or doctor, gently shake the bottle for 10 seconds.



6 Instill the correct number of drops in your ear, as instructed on your prescription label.

Ensure the dropper or the tip of the container does not touch the ear or other surfaces, to avoid contamination.

4 Remove the cap or dropper from the ear drop bottle. Make sure nothing touches it or the tip of the container.



**7** Keep your ear tilted up for three to five minutes.

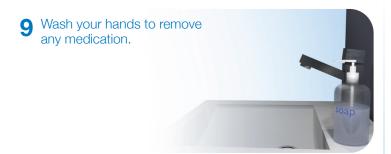
Tilt your head to one side, or lie down with the affected ear facing up.





8 Replace and tighten the cap or dropper right away. Make sure not to touch the tip of the container or the dropper.

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10 If you are instilling drops into both ears, wait 5-10 minutes between ears to allow the ear drops to run into the ear canal.