



MEDICATION USAGE INSTRUCTIONS

How to Use Ear Drops Properly

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- 1** Wash your hands well with soap and water.



- 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.



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



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



- 5a** Tilt your head to one side, or lie down with the affected ear facing up.



- 5b** For adults or children over three, gently pull the top of the ear upward and backward.



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



- 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.



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



- 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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- 9** Wash your hands to remove any medication.



- 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.

