I need to put eyedrops in my eyes
Why do I have to use eyedrops?

I use eyedrops:

- To treat an illness in my eyes.
- To take an eye test.
The eyedrops help to make my pupils bigger.
The pupil is the black circle in the middle of my eye.
How do I put eyedrops in my eyes?

I can put eyedrops in my eyes:

- By myself
- Or somebody can help me
When I put eyedrops in by myself:

- I wash my hands.
- I look in the mirror.
- I gently pull down my bottom eyelid to make a small gap.

- I lean my head back gently.
I put a drop in the middle of the small gap in my eyelid.
I must not let the dropper touch my eye.

The drop goes into my eye.
If somebody is helping me with my eyedrops:

- I make myself comfortable.
  
  ![Illustration of a person lying down and another person washing their hands]

  I can lie down, or I can lean my head back.

- The person who helps me washes their hands.

  ![Illustration of a person washing their hands]
• The person pulls my bottom eyelid down gently.

• I must not shut my eyes.

• I must keep my head still.

• She puts the eyedrops into the middle of my bottom eyelid.
  The dropper must not touch my eye, and the eyedrops go into my eye.
After I use my eyedrops:

I close my eyes and count to 30.

I wipe away any drops that have run using a paper tissue.

- I do this gently.
I must not rub my eye.

I wash my hands.
Help me feel better!

My eyedrops:

Can sometimes sting.

But it doesn’t last long.

Make my eyesight blurry.

But I can see normally afterwards.
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Where can I find SantéBD booklets?

- **On the internet:**
  
  Visit the website: [http://www.santebd.org](http://www.santebd.org)

- **On my tablet or smartphone:**
  
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SantéBD is a project by the NGO CoActis Santé.  
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