

Eye Drops – Guidance on Quantities to Prescribe

When prescribing Eye Drops:

- Specify which eye treatment is for i.e. left, right or both eyes.
- Avoid PRN and “As Directed” without more specific instructions. For example write....’Put One Drop into Both Eyes Four Times a Day when required for Dry Eyes’.
- Multiple dose eye drops usually have a 28 day expiry date once opened, unless otherwise stated on the product.
- If an infection is suspected prescribe one dose unit per eye per dose (for single dose eye drops) or one bottle per eye (for multiple dose eye drops).

For further information on eye drops see: [Know Your Drops | Moorfields Eye Hospital NHS Foundation Trust](#)

Multiple Dose Eye Drops		
* Eye Drops on average contain 20 drops per ml		
Dosage	Total mls required per 28 days for ONE eye*	Total mls required per 28 days for BOTH eyes*
One Drop Once a Day	2ml	4ml
One Drop Twice a Day	3ml	6ml
One Drop Three times a Day	5ml	10ml
One Drop Four times a Day	6ml	12ml
Latanoprost 50 micrograms per ml & Travoprost 40 micrograms per ml Eye Drops		
80 drops in 1 x 2.5ml bottle i.e. 32 drops per ml		
One Drop Once a Day	1 x 2.5ml	1x 2.5ml

Single Dose Eye Drops		
*One dose unit is sufficient for both eyes per dose unless an infection is suspected.		
Dosa ge	Total dose unit’s required per 28 days for ONE eye*	Total dose units required per 28 days for BOTH eyes*
One Drop Once a Day	28	28
One Drop Twice a Day	56	56
One Drop Three times a Day	84	84
One Drop Four times a Day	112	112

- Single Dose Eye Drops are designed for single use, once opened the dose should be immediately administered and discarded.
- These are generally expensive and usually only used for patients who have allergies to preservatives or if recommended by a Specialist.

Eye Drop Compliance Aids

- Using eye drops correctly can be difficult, however there are several compliance aids available on FP10 prescription, and a wider range that can be purchased.
- Problems with compliance and the need for a compliance aid should be considered if patients are over ordering Eye Drops on their repeats.
- The following are Compliance Aids available on Prescription to ease the administration of Eye Drops.

Device Name	Compatible with	Bottle Size	Cost *	Comments
ComplEye	Hylotears and Hyloforte Eye Drops	All bottles available for these brands	£2.00	Only suitable with the listed Eye Drops
Opticare	Suitable for all Eye Drops with the bottle sizes listed	2.5 ml 5 ml 10 ml 15 ml 20 ml	£4.95	Designed to make it easier to squeeze the bottle
Suitable for Patients with Arthritis and Restricted hand or shoulder movement				
Opticare Arthro 5	Any Eye Drops	2.5 ml 5 ml	£4.95	Designed to make it easier to squeeze the bottle
Optiocare Arthro 10	Any Eye Drops	10 ml 15 ml 20 ml	£4.95	Designed to make it easier to squeeze the bottle

* Cost based on the Drug Tariff July 2018 prices

For further information on compliance aids to aid eye drop administration, and step by step guides on how to use them see: [Know Your Drops | Moorfields Eye Hospital NHS Foundation Trust](#)