



Cyclopentolate 1% eye drops

This information sheet provides instructions and advice on using the eye drops given to you for your child's next appointment. The drops dilate the pupils and relax the focusing of the eyes in order to allow an accurate glasses test to be carried out.

When to use the eye drops

- **On the day of your child's appointment**, please put **one** drop into **both** eyes **1 hour** before the appointment time.
- **Important** – if your child has a temperature on the day of their clinic appointment, please do not use the drops and telephone the Orthoptics Department (number at the end of this leaflet). This is because very occasionally, children can react to the drops, causing a raised temperature.
- If your child has dark eyes you may be asked to put the drops in twice. In this case, please put **one** drop into **both** eyes **2 hours AND 1 hour** before the appointment time.

Failure to put the eye drops into your child's eyes before their appointment may result in your child not been seen in clinic and their appointment having to be rescheduled.

How to use the eye drops

Do not re-use the single dose drop unit. Discard it once used for the dose, even if there is remaining liquid. Do not use the drops after the expiry date. Always keep medicines out of the sight and reach of children. Store the drops in the original packet in which they were supplied at room temperature and away from direct heat or sunlight.

- Wash your hands.
- Peel the backing paper off the sachet and pull the lid off the plastic tube.
- With your child lying down or in a seated position, tilt their head back slightly so they are looking up. Parents with younger children usually find it easier with the child lying down.
- Gently open your child's eyes and squeeze the tube fairly hard to release a drop. Aim for the outer white part of the eye.
- It is also possible to put a drop on the inner corner of both eyes while your child

keeps their eyes shut. Then gently open the eyes so that the drops seep into both eyes at once. This is best done with your child lying down.

- If you are unsure if the drop has gone in, try to put another one in.
- If possible, gently press on the inner corners of your child's eyelids (next to the nose) for 30-60 seconds to help prevent the drops running into the nose and being swallowed. Do not worry if you are unable to do this.
- Moorfields Eye Hospital has a useful video demonstrating how to administer eye drops to children effectively. Visit www.youtube.com/watch?v=d3wtEWX7HxU
- If you are unable to put the drops in at home, we can put them in when you arrive at the hospital. In this case, please arrive early for your appointment and be prepared to wait for the drops to take effect before the test can be carried out.

Side effects of the drops

- The drops may sting but any discomfort should wear off after about 20 seconds.
- Occasionally, there might be a slight localised flushing of the face shortly after the drops have been put in.
- Your child will be sensitive to sunlight for 24 to 36 hours until the drops have fully worn off. It is therefore useful to have sunglasses or a peaked cap for them to wear outside.
- The drops will blur the near vision. Your child can go back to school the same day but may not be able to see detailed close work clearly.
- Focusing will return to normal by the next day.
- The pupil size may take up to 2 days to return to normal.

If your child has an accident and is seen by a doctor, you must tell them that your child has recently had dilating drops.

Occasionally, children can react, showing raised temperature. If a problem occurs, stop using the cyclopentolate immediately and seek advice from your GP or NHS 111; if your child is very unwell, immediately seek help by going to your local A&E department.

Contact us

If you have any questions please ring **0118 322 7169 option 1, then option 2** Monday to Friday between 8.30am and 4.30pm.

Orthoptic Department, Level 2 Eye Block, Royal Berkshire Hospital

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.