

Cyclopentolate 1% eye drops

This information sheet will give you instructions and advice on using the eye drops given to you for your child's next appointment.

The use of the drops is necessary to dilate the pupils and relax the focusing of your child's eyes to allow an accurate glasses test to be performed.

How to use the eye drops

- The drops need to be put in both eyes, just before leaving home on the day of your appointment.
- Peel the paper backing off the sachet and pull the lid off the plastic tube.
- Lay or sit your child so that their head is tilted backwards slightly.
- Open your child's eyes and squeeze the tube fairly hard to release a drop - aim for the outer white part of the eye. .
- The drops often sting (like shampoo in the eye) but any discomfort should wear off after 20 seconds - getting your child to count to 20 may help to distract them.
- If you are unable to put the drops in at home, we can put them in on your arrival but because the drops take at least 30-40 minutes to take effect you will need to wait longer before the test can be done
- Occasionally, there may be slight localised flushing of the face shortly after the drops have been put in

After the test

- Your child will be sensitive to the sunlight for about 24 to 36 hours until the effect of the drops has worn off.
- It is useful to bring sunglasses or a peaked cap for outside.
- Focusing will return to normal by the next day.

- Your child can go back to school the same day but may not be able to see detailed close work clearly.
- The pupil size may take up to two 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 had dilating drops recently.

If you have any questions please ring 0118 322 7683 or 0118 322 7681 Monday to Friday between 8.30am and 4.30pm.

Where can I get more information?

To find out more information about the Trust, visit our website
www.royalberkshire.nhs.uk

Orthoptic Department
Level 2 Eye Block
Royal Berkshire Hospital
Tel 0118 322 7683
Fax 0118 322 7685

This document can be made available in other languages and formats upon request.

Orthoptic Department, February 2007
Reviewed: October 2017
Review due: October 2019