



Royal Berkshire
NHS Foundation Trust

Advice on ear drops

Information for patients

This leaflet is for patients who have to use ear drops as part of their treatment. If possible, get someone else to put in your ear drops for you.

Please read the instruction on the bottle noting:

- The number of drops to be used.
- How many times a day this should be done.
- Which ear are the drops to be put in.

We advise you to:

- Lie on the bed with the ear to be treated uppermost.
- Take a firm hold of the top of the ear, pull it gently backwards, then up and away from the head – this makes the ear canal straighter so that the ear drops go in more easily. Put the correct amount of the ear drops in the ear canal, and then let go of the ear.
- Repeat the action of gently pulling your ear up and back and away from the head a couple of times until you feel the drops go down. You can also gently massage just in front of the ear canal on the side of the face. This will allow drops to reach the bottom of the ear canal.
- Lie on your side for about five minutes – this will give the drops time to soak in. Cover the ear canal loosely with cotton wool as some drops may run out and stain your clothing. Remove the cotton wool after one hour.
- Sit up slowly.
- If both ears need drops, wait for a couple of minutes before doing the second ear.

We wish you a speedy recovery and hope this leaflet has been useful

If you have any queries or concerns regarding your treatment, please do not hesitate to discuss them with nursing staff.

Contact us

- Dorrell Ward 0118 322 7172
- ENT outpatient department 0118 322 7139
- Appointments (CAT 1) 0118 322 7139

Visit the Trust website at www.royalberkshire.nhs.uk

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

Dorrell Ward, September 2018
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