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Glaucoma is an eye disease that damages the optic nerve. This nerve sends visual signals to the brain, where they are processed into what you "see".

Glaucoma develops slowly with few symptoms except a gradual loss of eyesight.

Medications, primarily directed at reducing high eye pressure, help slow the progress of Glaucoma, but the disease is progressive and currently irreversible.

Glaucoma is the second most common cause of vision loss in the world and affects more than 400,000 Canadians; we need more research dollars and support to find a cure for this insidious disease.

The Glaucoma Research Society of Canada raises funds dedicated solely for Glaucoma research. We help fund innovative research leading to new treatments and eventually — a cure.

... No research, no cure.

Our Mission

Our mission is to prevent blindness by funding innovative research by leading scientists.

A Cure is in Sight!



**Prevent
Glaucoma Damage**

How to take eye drops effectively.

Prevent Blindness from Glaucoma

Studies have shown that many glaucoma patients do not take their eye drops properly.

Eye drops used for glaucoma aim to reduce eye pressure, which helps slow the progression of glaucoma.

When eye drops are not taken properly, it may result in vision loss that could have been avoided or delayed.

1. Take your eye drops at the correct time intervals.
2. Keep the drop in your eye long enough for it to be absorbed.
3. Deposit the drop in the pocket of your lower eyelid.
4. Ensure there is no contamination that might lead to infection.
5. Ensure you do not touch the tip of the bottle with your fingers, eyelash or eyelids so as to prevent infection.
6. Close your eye for about two minutes after inserting the drop.



Eye Drop Procedure

1. Wash your hands.
2. Remove the cap of the eye drop bottle and place the cap on its side on a clean tissue. Do not touch the dropper tip with your hand or any object. It needs to stay clean.
3. Tilt your head backward with both eyes open and look up at the ceiling.
4. Gently pull down your lower eyelid to form a pocket for the drop. Position the tip of the bottle so that it is no closer than 1/2 inch above the middle of your lower lid. Ideally the drop should fall into the centre of the pocket made by pulling down the eyelid with your other hand.
5. Squeeze the bottle lightly to release a single drop.

6. Close your eyes without squeezing them.
7. While your eyes are closed, with a clean finger apply gentle pressure to the side of the nose where the upper and lower eyelids meet to prevent the medication from going into your tear duct/sinus.
8. Hold and maintain this position for 2 minutes so the drop can be absorbed into the eye.



Helpful Tips

- Keep the drops in a visible location so you will be reminded to take them (e.g., bedside table).
- Always read the patient information that comes with each eye drop bottle.

- If you take more than one drop, you should wait three to five minutes between drops.
- If you can taste the eye drop minutes after taking it, you are not blocking your tear duct properly.
- You can take your eye drops standing, sitting or lying down. Find the position that works best for you.
- Have a consistent schedule for taking eye drops. Take your drops at the same time every day.
- Use a simple timer such as the one on your smartphone. It will remind you to take your drops on time.
- If you plan to use “Tears” or other eye moisturizers, look for preservative-free brands and wait for 5 minutes after taking your eye drops.
- If you plan to shower or swim after taking your eye drops, wait for 5 minutes so you do not wash them out.
- Eye drops can be toxic if you are allergic or sensitive to preservatives or the medication. Take them exactly as instructed in this document and report sensitivity to your eye doctor.
- Make sure your eye drops are listed with other medications you take, especially if you are going to be admitted to hospital.