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Department of Ophthalmology Paediatric Ophthalmology Patient Information

Instilling your child's Cyclopentolate eye drops at home

Document history

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Contact number	01223 596414
Publish/Review date	August 2011/August 2014
File name	Instilling_your_childs_cyclopentolate_eye_drops
Version number/Ref	1/PIN2793

Why have you provided me with eye drops?

Administering these eye drops at home will help to minimise the length of time you will have to wait at your next appointment.

You may have been provided with eye drops for home use if your child became very distressed in clinic when your health care professional tried to instil the eye drops. Instilling the drops at home will provide your child with a more positive experience at their next appointment.

What does Cyclopentolate do?

Cyclopentolate has two effects when instilled in the eyes:

- Dilates the pupil (makes the black dot in the middle of the eye larger).
- Stops the eye from focusing properly, which blurs the child's near (or close up) vision.

The effects of Cyclopentolate

Cyclopentolate will dilate the pupils and cause blurred vision, which may last up to 24 hours or more after using it.

It is important that you:

- Do not use Cyclopentolate past the expiry date.
- Store Cyclopentolate in a dry dark place below 25°C (room temperature).
- Keep all medicines out of the reach of children.
- Do not instil Cyclopentolate if your child has a known allergy (or has had a severe reaction) to it.

How often should I instil the eye drops?

As your health care professional has identified below:

- Instil one drop into each eye on the morning of your child's appointment.
- Instil one drop into each eye in the evening before your child's appointment and on the morning of their appointment.

Further information

- **Clinical Nurse Specialist for Paediatric Ophthalmology** Tel: 01223 596414.
- **Orthoptic Department** Tel: 01223 216528.
- **Clinic 3** Tel: 01223 216105.

How should I instil the Cyclopentolate drops?

1. Wash your hands.
2. Peel the overwrap and take out the Minims unit. Remove the cap by twisting and pulling.
3. Gently pull down the lower eyelid of the eye with your finger to create a little 'pocket'/recess in which to place the drop.
4. Instil one drop of Cyclopentolate into the 'pocket'/recess.
5. Release the eyelid.
6. Press gently on the inner corner of the eye (by the side of the nose) for about one minute. This will avoid the solution draining away into the nose and being swallowed, and then absorbed systemically.
7. Throw away the rest of the Minims unit when you have finished, even if there is some solution left.
8. Always wash your hands and your child's hands after using the drops to avoid it being taken internally.
9. Repeat the procedure as advised below in the "How often should I instil the eye drops" section.
10. If you should misplace the eye drops, contact the Clinical Nurse Specialist for Paediatric Ophthalmology, the Orthoptic team or clinic 3.
11. The Cyclopentolate eye drops can be instilled whilst your child is asleep, which you may find easier.

Are there any side effects?

- It will make the dilated eyes sensitive to light so your child may want to avoid bright light. Wearing sunglasses and/or a sun hat may help.
- Your child may feel a little discomfort (stinging) when the drops are instilled. This will pass after a few seconds.
- Tell the doctor you see in clinic if your child is taking any other medication.
- Side effects are possible (but very unlikely) such as an effect on your child's balance. If any unpleasant side effects are experienced after using these eye drops, **stop using the Cyclopentolate and seek medical advice immediately.**