

# Q&A on using eye drop glasses



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## Why is the home care service no longer helping me to insert my eye drops?

It's really easy to insert eye drops yourself. For instance with the help of an tool like eye drop glasses. Which also saves you time. You no longer have to wait until a carer visits you. And you can use eye drops at any time that suits you.

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## How do I insert eye drops?

For a general explanation, see the leaflet.

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## What must I do if I can no longer insert my own eye drops?

Ask someone close to you (neighbours, family, friends) to help insert your eye drops. You can also use an tool, such as eye drop glasses, to insert your eye drops.

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## How do I get instructions on inserting eye drops?

If your doctor prescribes eye drops, your pharmacy will provide instructions on how to use them, as they do for other medications.

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## What are eye drop glasses?

Eye drop glasses are shaped like normal glasses, with three small openings in each 'lens'. Almost all normal-sized, eye drop bottles and pumps will fit into one of the openings, and remain firmly in place.

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## How do you use eye drop glasses?

Insert the eye drop bottle into the opening in the glasses that fits best and holds the bottle firmly. Note: the nozzle of the bottle should not protrude more than 1 cm. Carefully put on the eye drop glasses. Lean your head backwards, making sure the eye drop bottle is positioned vertically, directly above your eye. Keep your eye open by pulling the lower eyelid down with one hand. Use your other hand to squeeze the bottle, so the eye drops fall straight into your eye. Afterwards, place your finger on the inner corner of corner of your eye for one minute, to ensure the eye drops stay in your eye. For more information, please see the [instruction card](#) or [instruction video](#).

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## Why use eye drop glasses?

Because they are specially made to help you insert your own eye drops. So you no longer need help from a home carer.



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### What if I can't use eye drop glasses due to a physical impairment?

It is often possible to learn to use eye drop glasses, despite physical impairment. First see if there's someone nearby who can help you. Failing that, you can request help from a professional carer. In such case, the available options will be looked at, together with you.

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### Where can I get eye drop glasses?

Eye drop glasses can be bought from a pharmacy or home care shop. They can also be ordered online.

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### Who can help me get eye drop glasses if I can't do so myself?

Someone close to you (family, friends or neighbours) can help you buy the glasses.

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### What do eye drop glasses cost?

The price is between 10 and 15 euros.

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### Is the purchase of eye drop glasses covered by my health insurance?

No, you must pay for them yourself.

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### Is purchase of eye drop glasses mandatory?

If you can insert the eye drops yourself or with the assistance of someone else, you do not have to buy eye drop glasses. If you can't do it yourself and need an tool, you must buy eye drop glasses or some other tool.

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### Can I get care if I HAVE NOT purchased eye drop glasses?

If you have not bought eye drop glasses and have not tried to use them, you will mostly not get (extra) care. You must first try to use the glasses yourself.

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### Can I get care if I HAVE bought eye drop glasses, but can't use them myself?

If you can't use the eye drop glasses, it is possible to learn to do so, despite physical impairment. First see if someone close to you (family or neighbours) can help. If there's no-one to help you, you can request help from a professional carer. In such case, the available options will be looked at, together with you.

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### Who decides whether I can get professional care if I can't use the eye drop glasses?

The district nurse will examine your personal situation and decide whether professional help is necessary. This decision is thus not taken by your GP or ophthalmologist.

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### Will professional care ever be available in future, if I need help with inserting eye drops?

If you've tried yourself and have really been unable to insert the drops, the district nurse will look at the available options. These could include the use of (other) tools or professional care.