



University
Hospitals Sussex
NHS Foundation Trust

Sodium Hyaluronate 0.2% eye drops

Accident and emergency

Patient information

What is this information about?

This leaflet provides information about **Sodium Hyaluronate 0.2% eye drops**.

It explains:

- What the eye drops are used for.
- How to use them correctly.
- Possible side effects.
- Important advice while using the drops.
- Who to contact if you have concerns.

Why have I been given these eye drops?

Sodium Hyaluronate eye drops are lubricating eye drops used to treat dry or irritated eyes.

They help keep the surface of the eye moist and comfortable.

These drops may be prescribed to:

- Treat dry eyes.
- Protect the eye from irritation caused by contact lenses or dry air.
- Help the eye heal after a corneal abrasion (a scratch on the clear front surface of the eye called the cornea)

How should I use the eye drops?

The usual dose is:

Two drops in the affected eye, four times a day.

You may use additional drops if needed to relieve dryness or irritation, unless advised otherwise by your doctor.

Your ophthalmologist (eye specialist) will advise you when you can stop using the drops.

How do I apply the eye drops?

Follow these steps when using your eye drops:

1. Wash your hands thoroughly.
2. Remove the cap from the bottle.
3. Tilt your head back and look upwards.
4. Hold the bottle upside down above your eye.
5. Gently pull down your lower eyelid to form a small pocket.
6. Squeeze the bottle carefully and place two drops into the pocket of the lower eyelid.
7. Blink to allow the drops to spread across the surface of your eye.
8. Replace the cap on the bottle after use.

Try to avoid touching the dropper tip with your fingers, eyelashes, or the surface of the eye.

If the tip accidentally touches anything, wipe it with a clean, dry tissue before replacing the cap.

Do not worry if a few extra drops go into your eye. This will not cause harm.

Are there any side effects?

Side effects from sodium hyaluronate eye drops are uncommon.

Some people may notice:

- Temporary blurred vision immediately after using the drops.

If this occurs, wait until your vision clears before driving or operating machinery.

Do not use these drops if you are allergic to any of the ingredients. If you have concerns, speak to your doctor or pharmacist who can advise on an alternative.

Important information while using these eye drops

If you use other eye medications:

- Apply sodium hyaluronate drops first.
- Wait 10–15 minutes before using other eye drops (such as antibiotic or glaucoma drops).

Additional advice:

- Once opened, the bottle can be used for up to 90 days.
- Dispose of any remaining drops after this time.
- The drops are generally suitable for use with contact lenses, but check with your doctor if you have recently had an eye injury such as a corneal abrasion.

Who can I contact if I have concerns?

If you have questions about your treatment, please speak to the doctor caring for you.

If you have concerns about your eye, you can contact: (see below)

For additional information, a manufacturer's leaflet is included inside the eye drop packaging.

Sussex Eye Hospital A&E (Via hospital switchboard)

01273 696955

Additional support

The Royal National Institute of Blind People (RNIB) provides information about medicines in accessible formats such as large print, Braille, or audio.

Royal National Institute of Blind People

0303 123 9999

Contact details

Royal Sussex County Hospital

Emergency Department

Level 5, Thomas Kemp Tower, Eastern Road, Brighton BN2 5BE

01273 696955 Ext. 64261

Princess Royal Hospital

Lewes Road, Haywards Heath RH16 4EX

01444 448745

Worthing Hospital

Lyndhurst Road, Worthing, West Sussex BN11 2DH

01903 205111

St Richard's Hospital

Spitalfield Lane, Chichester, West Sussex PO19 6SE

01243 788122

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