

## Package Leaflet - Information for the User

# ISOPTO<sup>®</sup> PLAIN 0.5% w/v eye drops, solution

Hypromellose

**Read all of this leaflet carefully** because it contains important information for you.

**This medicine is available without a prescription.** However, you still need to use ISOPTO PLAIN carefully to get the best results from it.

- **Keep this leaflet.** You may need to read it again.
- **Ask your pharmacist** if you need more information or advice.
- You must **contact a doctor** if your symptoms worsen or do not improve **after 3 days**.
- **If any of the side effects get serious**, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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## 1. WHAT ISOPTO<sup>®</sup> PLAIN IS AND WHAT IT IS USED FOR

**ISOPTO PLAIN** is a slightly viscous solution that acts as an artificial tear.

**It is used to treat** dry eyes caused by a lack of tears in the eye(s).

Replacement of the reduced natural tears with an artificial tear helps to soothe and lubricate your eyes and provide relief from irritation.

**It can also be used** as a lubricant for artificial eyes.

## 2. BEFORE YOU USE ISOPTO® PLAIN

### Do not use ISOPTO PLAIN ...

- If you are **allergic** to hypromellose or any of the other ingredients listed in section 6.

Ask your doctor for advice.

### Take special care ...

**This medicine is available without a prescription.** However, you still need to use ISOPTO PLAIN carefully to get the best results from it.

### Pregnancy and breast-feeding

If you are pregnant or might get pregnant, or if you are breast-feeding a baby, **talk to your doctor** before you use ISOPTO PLAIN.

### Driving and using machines

You may experience blurred vision after using ISOPTO PLAIN. **Do not drive or operate hazardous machinery unless your vision is clear.**

### Using other medicines

**Tell your doctor or pharmacist** if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

### Important information if you wear Contact Lenses

**Do not use** the drops while wearing **contact lenses**. Wait at least 15 minutes after use before putting your lenses back in. There is a preservative in ISOPTO PLAIN (benzalkonium chloride) that can discolour soft contact lenses.

## 3. HOW TO USE ISOPTO® PLAIN

### The usual dose

The usual dose is 1 or 2 drops in each affected eye 3 times daily or as specified by your doctor or pharmacist.

### If the irritation in your eyes does not get

**better** or gets worse after 3 days or if you start to experience headache, eye pain, vision changes or continued redness in your eyes, stop using ISOPTO PLAIN and see your doctor.

**Remove the loose collar** from the cap when you open the bottle.

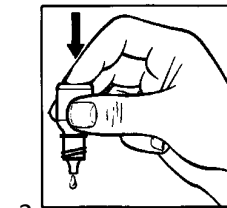
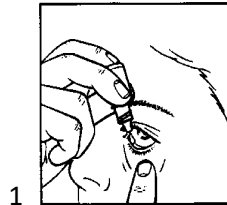
Always use ISOPTO PLAIN exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

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## HOW TO USE ISOPTO<sup>®</sup> PLAIN (continued)

### How to use

- Wash your hands before you start.
- Twist off the bottle cap.
- Hold the bottle pointing down, between your thumb and fingers.
- Tilt your head back.
- Pull down your lower eyelid with a finger, until there is a 'pocket' between the eyelid and your eye. The drop will go in here (picture 1).



- Bring the bottle tip close to the eye. Do this in front of a mirror if it helps.
- **Do not touch your eye or eyelid**, surrounding areas or other surfaces with the dropper. It could infect the drops.
- **Gently press on the base** of the bottle to release one drop at a time (picture 2).
- **Do not squeeze the bottle**, only a gentle press on the bottom is needed.
- If you use drops in both eyes, repeat the steps for your other eye. Put the bottle cap firmly back on immediately after use.

- **If a drop misses your eye**, try again.
- **If you forget to take ISOPTO PLAIN**, do not worry, just take it as soon as possible.

- **If you use more ISOPTO PLAIN than you should**, it can be washed out of your eye with warm water.

**If you have any further questions** on the use of ISOPTO PLAIN, ask your doctor or pharmacist

## 4. POSSIBLE SIDE EFFECTS

Like all medicines, ISOPTO PLAIN can cause side effects, although not everybody gets them.

### • You may experience some or all of the following effects in your eye(s):

Blurred vision, eye pain, foreign body sensation in eyes, eye irritation, redness.

In very rare cases, some patients with severe damage to the clear layer at the front of the eye (the cornea) have developed cloudy patches on the cornea due to calcium build-up during treatment.

### Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

## 5. HOW TO STORE ISOPTO® PLAIN

- Keep out of the reach and sight of children.
- Do not refrigerate or store above 25°C.
- Keep the bottle tightly closed.
- Do not use the drops after the expiry date (marked 'Exp') on the bottle and the carton. The expiry date refers to the last day of that month.
- **Stop using the bottle 4 weeks after first opening**, to prevent infections.
- Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## 6. FURTHER INFORMATION

### What ISOPTO PLAIN contains

- The active substance is hypromellose 5 mg/ml.
- The other ingredients are sodium citrate, disodium hydrogen phosphate anhydrous, sodium dihydrogen phosphate monohydrate, sodium chloride, benzalkonium chloride and purified water.

### What ISOPTO PLAIN looks like and contents of the pack

ISOPTO PLAIN is a clear, colourless liquid supplied in a pack containing a 10 ml plastic bottle with a screw cap.

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### Marketing authorisation holder:

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Park View, Riverside Way  
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Surrey, GU15 3YL  
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### Manufacturer:

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**Alcon**