

Hypromellose 0.3% w/v Eye Drops

hypromellose

Read all of this leaflet carefully before you start using this medicine because it contains important information for you. Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

What is in this leaflet:

1. What Hypromellose Eye Drops are and what they are used for
2. What you need to know before you use Hypromellose Eye Drops
3. How to use Hypromellose Eye Drops
4. Possible side effects
5. How to store Hypromellose Eye Drops
6. Contents of the pack and other information

1. What Hypromellose Eye Drops are and what they are used for

Hypromellose, is an artificial tear used to relieve dry eye conditions (e.g. conditions associated with the use of VDUs and TVs, infrequent blinking, certain medical treatments, atmospheric pollution and drying atmospheres e.g. air-conditioning, central heating, wind and sun). It is also used to moisten hard contact lenses and to lubricate artificial eyes.

2. What you need to know before you use Hypromellose Eye Drops**Do not use Hypromellose Eye Drops if:**

- you are allergic (hypersensitive) to Hypromellose or any of the other ingredients of this medicine, which are listed in section 6 of this leaflet.
- you are wearing soft contact lenses.

Warnings and precautions

Talk to your doctor or pharmacist before using Hypromellose

- If you develop an eye infection during this treatment.

Take special care with Hypromellose Eye Drops if:

- your eye irritation persists or worsens,
- you have a headache or eye pain,
- your vision changes
- you have permanently red eyes

If any of the above apply to you, stop using Hypromellose Eye Drops and contact your doctor immediately.

If you are unsure about taking this medicine or you have any questions, go and talk to your doctor first and follow the advice given.

Other medicines and Hypromellose Eye Drops
Tell your doctor or pharmacist if you are using, have recently used or might use any other medicines.

Please tell your doctor or pharmacist if you are applying any other type of eye drops or eye ointment before you start to use this medicine.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Driving and using machines

Hypromellose may cause a temporary blurring of vision immediately after using the drops. Do not drive or operate machines if you experience any visual disturbance after using the product. Wait until this clears before driving or using machines.

Hypromellose Eye Drops contains benzalkonium chloride

This medicine contains 0.20 mg/ml benzalkonium chloride as preservative. Benzalkonium chloride may be absorbed by soft contact lenses and may change the colour of the contact lenses. You should remove contact lenses before using this medicine and put them back 15 minutes afterwards.

Benzalkonium chloride may also cause eye irritation, especially if you have dry eyes or disorders of the cornea (the clear layer at the front of the eye). If you feel abnormal eye sensation, stinging or pain in the eye after using this medicine, talk to your doctor.

3. How to use Hypromellose Eye Drops

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

The recommended dose is one or two drops three times daily as needed, or as directed by your doctor. If you are using in combination with another eye drop medicine, wait 5-15 minutes before applying the second eye drops

Instructions for use

1. Before opening a new bottle of Hypromellose Eye Drops, please check that the safety strip on the bottom of the outer cap is unbroken.
2. Twist the outer cap to break the seal.
3. Wash your hands well before use.
4. Remove the outer cap. If you are putting in the drops yourself, you should use a mirror.
5. Tilt your head back and look up at the ceiling.
6. Pull the lower lid of the eye out to form a small pocket between your eyelid and your eye.
7. Hold the bottle between the thumb and

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middle finger of the other hand, turn the bottle upside down near to the eye, try not to touch the eye with the nozzle.

8. Apply enough pressure to the container to release one to two drops, as directed by your doctor.
9. Blink your eye a few times.
10. If you think that you have missed the eye, then insert another drop.
11. Repeat steps 5-10 for the other eye if you have been told to use Hypromellose Eye Drops in both eyes.
12. Replace the outer cap on the container, trying not to touch the applicator tip with anything, including the eye or your fingers.
13. Wash your hands

If you are unsure about how to use Hypromellose Eye Drops talk to your doctor or pharmacist. Eye solutions, if handled wrongly, can become contaminated by common bacteria and cause eye infections. If you do develop any other eye condition whilst using this product, see your doctor immediately.

How much to use

The usual dose is 1 or 2 drops placed in each eye three times daily, however this may vary depending on the amount of lubrication needed.

If there is no improvement see your doctor or pharmacist.

Hypromellose Eye Drops are for external use only.

If you use more Hypromellose Eye Drops than you should

It can be washed out of your eye with warm water. It will not cause you any harm. If you are worried then talk to your doctor or pharmacist.

If you forget to take Hypromellose Eye Drops

Apply the drops as soon as you remember. However, if it is almost time for your next dose, do not take a double dose to make up for a forgotten dose.

If you stop using Hypromellose Eye Drops

You should speak to your doctor or pharmacist, if you want to stop taking Hypromellose. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, Hypromellose Eye Drops can cause side effects, although not everybody gets them. Possible side effects include:

- vision blurred
- eye pain
- foreign body sensation in eyes
- eye irritation
- redness of eye

These effects should wear off after a short time. If these effects persist or get worse, or you notice any side effects not listed in this leaflet **stop using Hypromellose Eye Drops and talk to your doctor or pharmacist.**

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via

www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Hypromellose Eye Drops

Keep out of the sight and reach of children.

Make sure the container is properly closed after each use.

Store below 25°C.

Do not use Hypromellose Eye Drops after the expiry date which is printed on the label. The expiry date refers to the last day of that month.

Dispose of this medicine four weeks after opening.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other Information**What Hypromellose Eye Drops contain**

The active substance is hypromellose 0.3%w/v. The other ingredients are purified water, sodium chloride, potassium chloride, borax, boric acid, benzalkonium chloride solution. It may also contain sodium hydroxide or hydrochloric acid.

What Hypromellose Eye Drops look like and contents of the pack

Hypromellose Eye Drops are a clear, colourless solution supplied in a plastic bottle with a dropper nozzle and a tamper proof cap. Each bottle contains 10ml of sterile solution.

Marketing Authorisation Holder

Martindale Pharmaceuticals Ltd
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If you would like any more information, or would like the leaflet in a different format, please contact Medical Information at the above address.

Product licence numbers:

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PL 0156/0069 HK 22087

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