



Simple Eye Ointment

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.

In this leaflet:

1. What Simple Eye Ointment is and what it is used for
2. What you need to know before using Simple Eye Ointment
3. How to use Simple Eye Ointment
4. Possible side effects
5. How to store Simple Eye Ointment
6. Contents of the pack and other information

1. What Simple Eye Ointment is and what it is used for:

Simple Eye Ointment belongs to a group of medicines known as eye lubricants (ocular lubricants).

Simple Eye Ointment is used to lubricate and protect the eye in a wide variety of conditions such as redness and swelling in the eye area, scratches on and decreased sensitivity of the cornea and in eye surgery. It is also used for sticky eyes and to soften and remove crusts from the eyelids.

2. What you need to know before using Simple Eye Ointment

Do not use Simple Eye Ointment if:

- You are allergic (hypersensitive) to any of the ingredients which are listed in section 6 of this leaflet.
- You are wearing contact lenses.

Warnings and precautions:

Do not touch the tube nozzle on the eyelid or any other surface.

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

Other medicines and Simple Eye Ointment

There are no known interactions between Simple Eye Ointment and other medicines.

Pregnancy & breast-feeding

Simple Eye Ointment is suitable for use during pregnancy and breast-feeding.

Driving and using machines

Simple Eye Ointment can cause blurring of vision after application. Wait until your vision is clear before driving or using machines.

Simple Eye Ointment contains anhydrous lanolin (wool fat)

Anhydrous lanolin (wool fat) may cause local skin reactions (e.g. contact dermatitis).

3. How to use Simple Eye Ointment

Always use Simple Eye Ointment exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Contact lenses must not be worn during treatment with Simple Eye Ointment.

Instructions for use

1. Before opening a new tube of Simple Eye Ointment, please check that the safety strip on the cap of the tube is unbroken.
2. Tear off the safety strip to break the seal.
3. Wash your hands well before use.
4. Remove the outer cap. If you are putting in the ointment 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 down to form a small pocket between your eyelid and your eye.
7. Hold the tube between the thumb and middle finger of the other hand, turn the tube upside down near to the eye, try not to touch the eye with the nozzle.
8. Apply enough pressure to the tube to release a thin line of ointment, or 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 line of ointment.
11. Repeat steps 5-10 for the other eye if you have been told to use Simple Eye Ointment 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 Simple Eye Ointment talk to your doctor or pharmacist.

Continued overleaf

How much to use

The usual dose is a thin line of ointment placed in each eye whenever needed. If there is no improvement see your doctor or pharmacist.

If you use more Simple Eye Ointment than you should

It will not cause you any harm. If you are worried then talk to your doctor or pharmacist.

Simple Eye Ointment is for external use only. If you have swallowed or you suspect someone else has swallowed any of this medicine, contact your doctor.

4. Possible side effects

Like all medicines, Simple Eye Ointment can cause side effects, although not everybody gets them.

Possible side effects:

- Blurred vision.
- Skin reactions.

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 the Yellow Card System (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 Simple Eye Ointment

Keep this medicine out of the sight and reach of children.

Make sure the container is properly closed after each use.

Do not use Simple Eye Ointment after the expiry date which is printed on the crimp seal of the tube. 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 to protect the environment.

6. Contents of the pack and other Information

What Simple Eye Ointment contains:

The medicine contains yellow soft paraffin, anhydrous lanolin (wool fat) and liquid paraffin.

What Simple Eye Ointment looks like and contents of the pack

Simple Eye Ointment is a soft amber ointment supplied in plastic tubes. Each tube contains 4 grams of sterile eye ointment.

Marketing Authorisation Holder:

Martindale Pharmaceuticals Ltd.,
Bampton Road,
Harold Hill,
Romford Essex RM3 8UG

Manufacturer:

Farmigea S.p.A,
Via G.B.Olivia - 56121,
Pisa, Italy

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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