



एपेक्स इंस्टीट्यूट ऑफ आयुर्वेदिक मेडिसीन एवं हॉस्पिटल

एपेक्स वेलफेयर ट्रस्ट द्वारा संचालित मल्टी स्पेशियलिटी हेल्थ केयर, आयुर्वेदिक रिसर्च संस्थान

एन. एच. 7, वाराणसी- मीरजापुर रोड, समसपुर, हवेली, चुनार, जि. मीरजापुर
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Date- 12-02-2026

Yogya Clinical Skill Laboratory

- 1- Experiment No. 27, 28.
- 2- Objective- Eye irrigation & instillation of eye medication
- 3- Date & Time - 20-2-2026, 11:45 - 12:45 PM
- 4- Faculty - Member- Prof. P.K. Singh
- 5- Expert- Prof. P. K. Singh
- 6- Department - SHALAKYA
- 7- Nursing Technician - Mrs. Pallavi
- 8- Lab Assistant- Mr. Karan.
- 9- Beneficiary Batch- 2021
- 9- Description of experiment & its SOP- Attached.

Coordinator of YCSL
Dr. Gouri Chauhan

Principal

Dr. P.K. Singh

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This Standard Operating Procedure (SOP)

The safe administration of eye drops

- wash hands,
- shake medication,
- tilt head back,
- pull down the lower lid to form a pouch,
- drop medication without touching the tip to the eye
- Close eyes for 1-2 minutes,
- pressing the inner corner to prevent systemic absorption,
- then recap.

Preparation

- **Verify Medication:** Check the prescription, right eye (left/right/both), and expiry date.
- **Hand Hygiene:** Wash hands thoroughly with soap and water.
- **Prepare Bottle:** Shake the bottle (if required) and remove the cap without touching the tip.

Installation Procedure

1. **Positioning:** Tilt the head back slightly, or lie down, and look upward.
2. **Create Pouch:** Using the non-dominant hand, gently pull down the lower eyelid to form a small pocket.
3. **Administration:** Hold the dropper bottle with the dominant hand, close to the eye (without touching it) and squeeze one drop into the pocket.
4. **Avoid Contamination:** Do not allow the tip of the dropper to touch the eye, eyelashes, or any other surface.

Post-Installation

1. **Close Eyes:** Close the eyes gently for 1 to 2 minutes.
2. **Nasolacrimal Occlusion:** Apply gentle pressure to the inner corner of the eye (near the nose) to prevent the medication from draining into the tear duct.
3. **Wipe Excess:** Remove excess drops from the eyelid with a clean tissue.
4. **Multiple Drops/Medications:** If using more than one type of eye drop, wait at least 5-10 minutes between doses.
5. **Re-cap:** Replace the cap immediately.

Important Notes

- If using both drops and ointments, apply drops first.
- Remove contact lenses before administering unless instructed otherwise.
- If vision is blurry, wait until it clears before driving or operating machinery.

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