



Royal Berkshire
NHS Foundation Trust

Advice on using ear drops

Information for patients

This leaflet is for patients who have to use ear drops as part of their treatment. If possible, get someone else to put in your ear drops for you.

Before you start...

Please read the instruction on the bottle noting:

- The number of drops to be used.
- How many times a day this should be done.
- Which ear are the drops to be put in.

Administering your ear drops

We advise you to:

- Lie on the bed with the ear to be treated facing up.
- Take a firm hold of the top of the ear, pull it gently backwards, then up and away from the head – this makes the ear canal straighter so that the ear drops go in more easily.
- Put the correct amount of the ear drops in the ear canal, and then let go of the ear.
- Repeat the action of gently pulling your ear up and back and away from the head a couple of times until you feel the drops go down. You can also gently massage just in front of the ear canal on the side of the face. This will allow drops to reach the bottom of the ear canal.
- Lie on your side for about five minutes – this will give the drops time to soak in.
- Cover the ear canal loosely with cotton wool as some drops may run out and stain your clothing. Remove the cotton wool after an hour.
- Sit up slowly.
- If both ears need drops, wait for a couple of minutes before doing the second ear.

We wish you a speedy recovery and hope this leaflet has been useful

Contacting us

If you have any queries or concerns regarding your treatment, please do not hesitate to discuss them with nursing staff before you leave hospital.

- Dorrell Ward 0118 322 7172
- ENT Outpatient Department 01865 903 274
- Appointments (CAT 1) Tel: 0118 322 7139 or email: rbbh-tr.cat1@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Dorrell Ward

Reviewed: December 2023

Next review due: December 2025