

# Dexamethasone

*Eye Drops to Reduce Itching and Redness*

## What Is Dexamethasone?

Dexamethasone eye drops are used to reduce itching and inflammation (redness) in your eyes. This steroid is also preservative-free.

## Where Can I Buy This Medicine?

Your specific type of dexamethasone is a compounded medicine.\* This means it was made at the Allina Compounding at Heart Hospital Pharmacy and may not be made or sold at other pharmacies.\*\*

Call your pharmacist if you have questions about getting a refill.

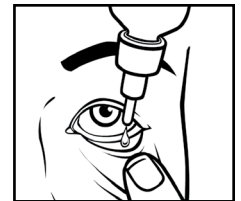
## How Is It Given?

Dexamethasone eye drops are a clear, colorless solution. The medicine is given by using an eye dropper.

- Wash your hands.
- Keep the tip of the bottle from touching your eyelid, eye or any other surface.
- Tilt your head back and look up.
- Use the hand that's not holding the bottle to gently pull your lower eyelid away from your eye. This will form a pouch into which you will put the eye drops.
- With your other hand, tip the bottle upside down and aim the drop at the pouch.
- Your bottle has blue at the center of the tip to help you aim at your eye.

- Gently squeeze the bottle to release one drop into the pouch (A).

- If the drop misses the pouch, give yourself another drop.



A

- If a drop does not come out with a gentle squeeze, bring the bottle back to the upright position. Tip it upside down again and gently squeeze.

- You should not need a lot of force to get a drop out of the bottle.

- Look down and gently close your eyes for 1 to 2 minutes.

- Place one finger at the corner of your eye near your nose and apply gentle pressure (B).



B

This will prevent the medicine from draining away from your eye.

- Try not to blink. Don't rub your eye.
- Put the cap on the bottle. Don't rinse the dropper.
- If you are using other eye drops, wait at least 5 minutes before using other medicines.
- Wash your hands.

Take this medicine as directed. Don't stop taking it or change how much you take without first talking to your doctor.

\*This is a compounded sterile product.

\*\*This compounded medicine is not commercially manufactured.

## Are There Precautions?

Before using the medicine, tell your doctor if you:

- have infections or illnesses
- use contact lenses
- had eye surgery
- have allergies to any medicine
- take prescription or over-the-counter medicine, especially other eye medicines.

Don't wear contact lenses while using dexamethasone. Don't share this medicine with other people.

This medicine may be harmful if swallowed. Call your doctor or pharmacist right away if you swallow the medicine.

## What Side Effects May Occur?

The most common side effects include:

- temporary blurring of vision
- brief stinging or irritation. This should get better within 5 minutes after use.

## What if You Miss a Dose?

If you miss a dose, use the medicine as soon as you can. If it is almost time for the next dose, then skip the missed dose and resume your usual schedule.

It is important to follow your doctor's directions for when to take the eye drops. This will make the medicine more effective.

## When Do You Throw Away the Medicine?

This medicine can be used for up to 30 days after you get it from the pharmacy.

Don't use the eye drops after the expiration date. The expiration date will be printed on the bottle and storage bag. When the medicine expires, throw it in the garbage.

## How Do You Store the Medicine?

Follow the instructions below for storing the medicine.

- Keep the medicine in the refrigerator. If you are not near a refrigerator, use a cooler or insulated container with ice to keep the medicine cool.
- Don't freeze the medicine.
- Keep the medicine away from light by storing it in the brown, zip-close bag provided by your pharmacist.

Call your pharmacist if the medicine is not refrigerated for more than 30 minutes.

## When to Call Your Doctor or Pharmacist?

Call your doctor or pharmacist if:

- your eye irritation increases
- your eye, eyelid or skin around your eye becomes red or itchy
- you swallow the medicine
- your medicine has been out of the refrigerator or cooler for more than 30 minutes.

## Whom to Call With Questions

Call the Allina Compounding at Heart Hospital Pharmacy at 612-775-8896 if you have questions about this medicine.

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