

Autologous Serum Eye Drops

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Autologous serum eye drops are used to treat disorders affecting the surface of the eye.

The drops are made from the serum (clear part) of your blood. The serum is diluted with saline (a salt water solution). Like natural tears, serum contains nutrients that promote eye health.

Autologous serum eye drops help:

- moisten the surface of your eye
- maintain a healthy tear film (layer of moisture on the eye).

The drops are preservative-free.

Before Your Appointment

- The Phillips Eye Institute pharmacy will call you to schedule your blood draw appointment.
- You will have your blood drawn at the Abbott Northwestern Hospital lab.
- Avoid eating high-fat foods for 24 hours before your blood draw.
- Drink plenty of liquids the day before your blood draw, including at least 8 ounces of water the morning of your appointment.
- It is best not to eat for 8 hours before your blood draw. However, you may eat a light breakfast (fruit, dry toast, coffee) if needed.
- Go to the Abbott Northwestern lab between 7 and 8:30 a.m. on the morning of your blood draw.

- Do not register as a patient when you arrive. Go directly to the lab. The lab staff will have your lab order.

After Your Appointment

- It will take about 6 hours after your blood is drawn to make your eye drops.
 - If you want to check the status of your drops before the 6 hours have passed, please call the pharmacy at 612-775-8896.
- **You will need to pick up your drops at Phillips Eye Institute on the same day as your blood draw.**
- You can start using one bottle of drops right away. Follow your health care provider's directions on how to use the drops.
- Freeze the rest of the bottles as soon as possible after you pick them up. Keep the bottles in an upright position.

Using the Eye Drops

- Thaw one bottle at a time.
- Keep the bottle you are currently using in your refrigerator.
- Use each bottle for 7 days.
- Throw away the bottle with any remaining drops 7 days after you open it.

Insurance Coverage and Cost

Autologous serum eye drops are not covered by insurance. You will need to pay for the eye drops yourself. A 12-week supply of eye drops is \$300.