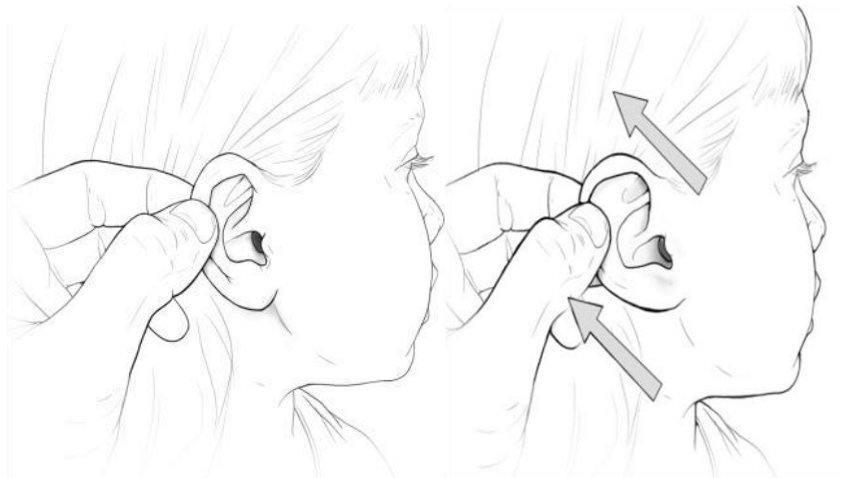


## Instructions for Giving Ear Drops

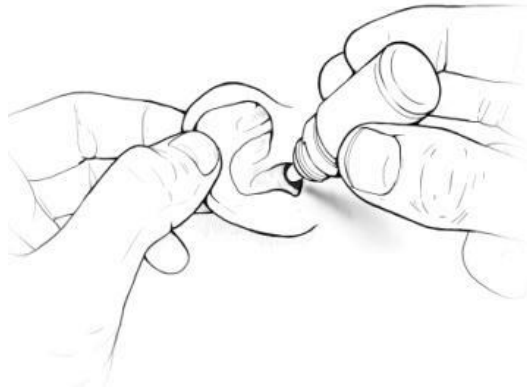
1. Read the instructions on the label of the medication and review how many drops you should give and for how many days. Which ear are you treating, right, left or both ears?
2. Wash your hands with soap and water or alcohol-based hand rub.
3. Gently shake the bottle. Warm the medication by holding the bottle in your hand for a few minutes.
4. If your child can understand and cooperate, explain what you are doing. If your child is not cooperative or too young to understand, you may need another adult to help you.
5. Ear drainage may build-up at the opening of the ear canal. Gently remove the drainage with the twisted end of a dry tissue. This will help to absorb the drainage and clean the ear before you put in the ear drops.
6. Help your child lie on his back and turn his head to the side with the draining ear facing up.



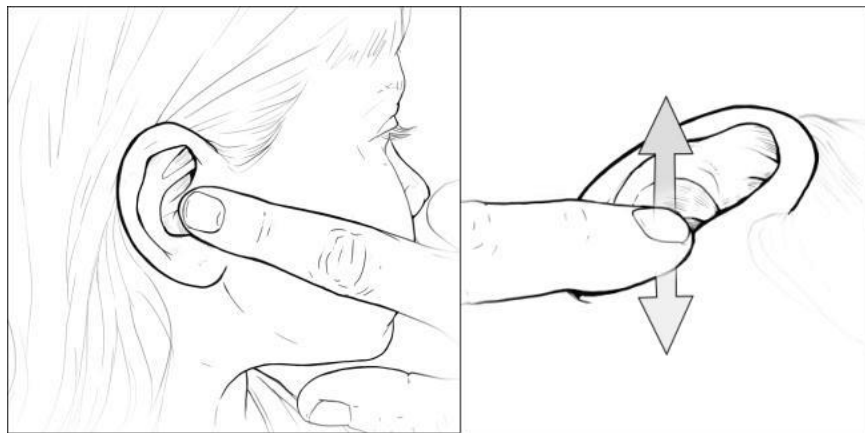
7. Gently hold the outer ear and pull it up and back. This helps to straighten the ear canal so the drops can easily go down.



8. Hold the dropper above your child's ear canal, being careful not to let the tip of the bottle touch the ear. Gently squeeze the bottle, putting in the prescribed number of drops in the ear canal; usually 5 drops.



9. After you put in the ear drops, "Pump" or massage the flap of skin in front of the ear (tragus) several times. This helps push medication down so it can go through the ear tube. If the ear drops do not go down, please call your health care provider.



10. Your child should stay on his side for a few minutes to make sure the medication stays in place. You can place a cotton ball in the ear to prevent the medication from flowing out.

Repeat Steps 1 – 10 in the other ear if ordered.

Patient family education instructions on giving children ear drops. Keep ears dry during an ear infection with drainage and keep water out of the ear canal during bathing, showering, and hair washing. Place an ear plug into the ear during showers or cover the ear with a plastic cup when rinsing hair during bathing. No swimming until the infection resolves.