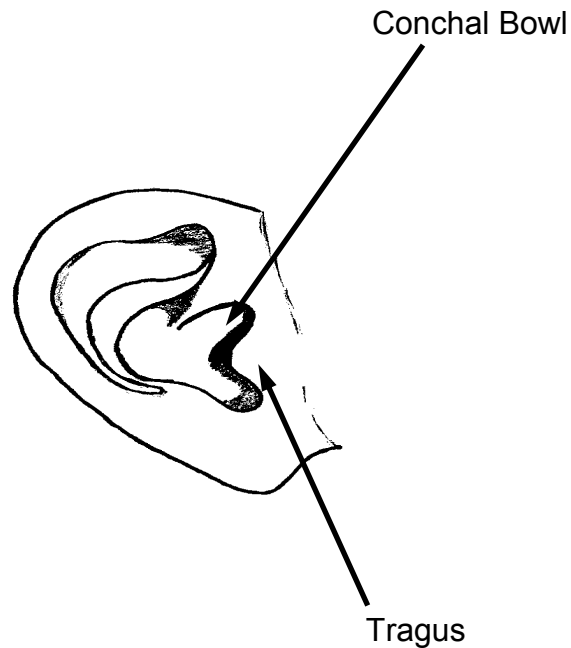


## Ear Drops Administration

Patient information - Otolaryngology (Ear, Nose & Throat) Dept

### Close up of ear)

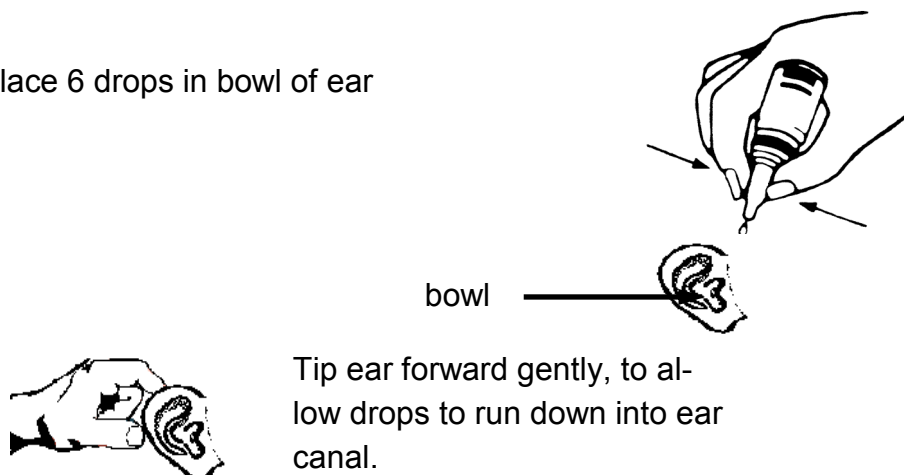


### 5 steps to administering ear drops

1. Warm drops to body temperature.
2. Lie on side with affected ear **upward**.



3. Place 6 drops in bowl of ear



4. Gently massage front of ear (Tragus) to encourage drops down to ear drum.



Remain lying on side for 5 minutes.



5. Place cotton wool at entrance to the ear for a short time to absorb excess drops when upright

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)