

Glaucoma Drops

A guide for patients



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Glaucoma drops- 4 main families

1. Prostaglandin analogues- first line treatment

- Latanoprost (xalatan), bimatoprost (Lumigan), travoprost (Travatan)

2. Beta blockers

- Timolol, betaxolol

3. Alpha agonists

- Brimonidine (alphagan), iopidine

4. Carbonic anhydrase inhibitors

- Dorzolamide (Trusopt), brinzolamide (Azopt)

Glaucoma drops

- Prostaglandin analogues (1996)
 - Latanoprost (xalatan), bimatoprost (Lumigan), travoprost (Travatan), tafluprost (Saflutan)
 - Once a day at night.
 - They are more effective used at night than in the morning



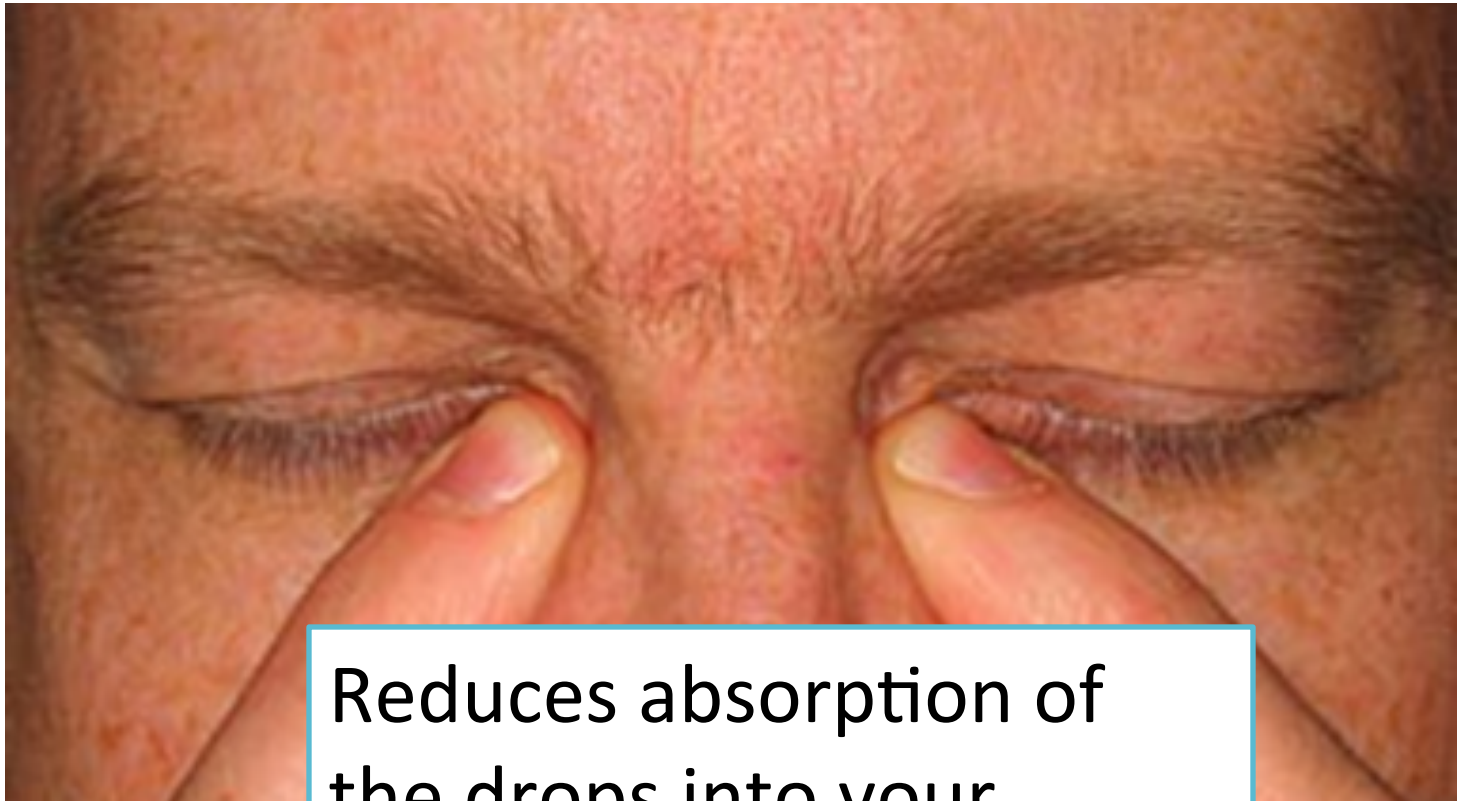
Glaucoma drops

- Beta blockers
 - Timolol, betaxolol, betagan
 - Used twice a day
 - Long acting beta blockers like tiopex can be used once a day in the morning.
 - If you are asthmatic or have low BP or heart rate they may not be suitable for you.



Punctal Occlusion

putting your fingers over the tear ducts
as shown



Reduces absorption of
the drops into your
circulation by 60%

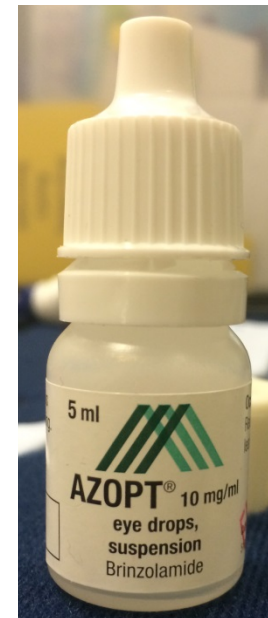
Glaucoma drops

- Alpha agonists
 - Brimonidine (alphagan), iopidine
 - Iopidine is commonly used when you are having a laser procedure.
 - Brimonidine is very effective but you can become allergic to it after 3 months. If you develop red eyes and shiny tight skin around your eyes please let us know.



Glaucoma drops

- Carbonic anhydrase inhibitors
 - Dorzolamide (Trusopt), brinzolamide (Azopt)
 - Used twice a day



Combination Therapy

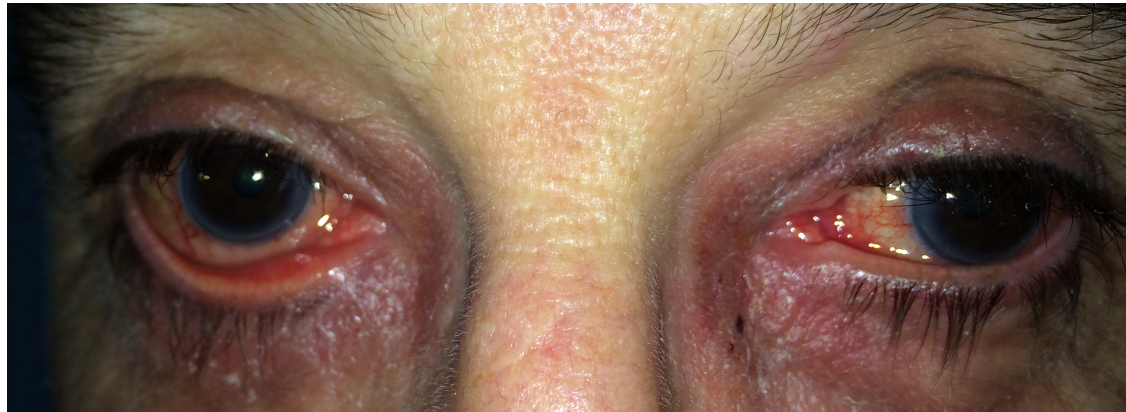
- If you need more than one medication to control the pressure we recommend combination drops
- This means that the 2 drugs are combined in one bottle
- Taking your drops is easier & less confusing if the number of bottles is minimised.
- There will be less preservative
- Maximum drop treatment is 4 drugs in 2 bottles

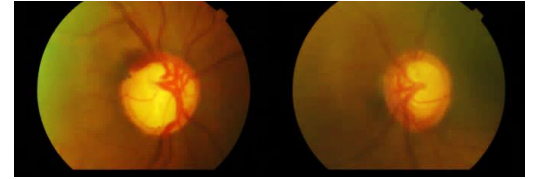
If you struggle to apply the drops or open the bottles there are lots of gadgets we can provide to help. Just ask.



Preservative Free Drops

- All glaucoma drops will make the eyes red when you first start using them. This usually settles within the first 2-3 weeks and we encourage you to keep putting them in if you can
- If you have problems with redness or pain on putting the drops in after the first 3 weeks it is likely that it is the preservative in the bottle rather than the drug that is causing it.
- Please let us know as most drops come in preservative free form.





Glaucoma Drops

- Remember to use your drops every day at approximately the same time
- If you miss a dose please put a drop in as soon as you remember and carry on with the normal schedule. Do not delay the next dose if you put the previous one in late
- Order repeat prescriptions in good time. Don't run out of drops