

# Lotacryn®

(Latanoprost 50 micrograms/ml)

## Patient Information Guide

This guide is for people who have been prescribed Lotacryn® as a treatment for open angle glaucoma and a condition called ocular hypertension. If you have questions about your treatment/medicine, always speak with your doctor, nurse or pharmacist.



**Please see accompanying full information in the printed Patient Information Leaflet (PIL), which is in the box with your Lotacryn® bottle.**

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# Why have I been prescribed Lotacryn®?

Lotacryn® is used to treat a type of glaucoma called **open angle glaucoma** and a condition known as **ocular hypertension** in adults including the elderly and in children with elevated intraocular pressure and paediatric glaucoma.

 **Lotacryn®**  
Latanoprost 50 micrograms/ml



Please see accompanying full information in the printed Patient Information Leaflet (PIL), which is in the box with your Lotacryn® bottle.

# What is glaucoma & ocular hypertension?

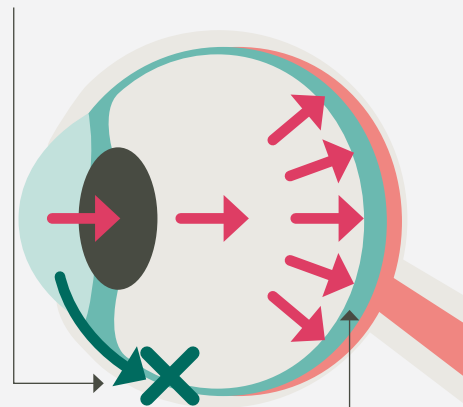
**Glaucoma** is a common eye condition where the optic nerve, which connects the eye to the brain, becomes damaged. It's usually associated with **an increase in pressure inside the eye**, this is commonly referred to as **intraocular pressure (IOP)**. The reason for the rise in pressure is most likely because the drainage channel which drains fluid out of the eye isn't working as well as it should be.

**If not diagnosed and treated early, glaucoma can lead to irreversible loss of vision.**



**Ocular Hypertension** is where the eye pressure is consistently high, but you **don't have the signs of glaucoma** like optic nerve damage. This means that you will be monitored closely by your eye care specialist. **Ocular Hypertension is not glaucoma**, but it may lead to glaucoma.

Drainage channel which drains fluid out of the eye isn't working as well as it should be.



This results in an increase in pressure inside the eye damaging the optic nerve.

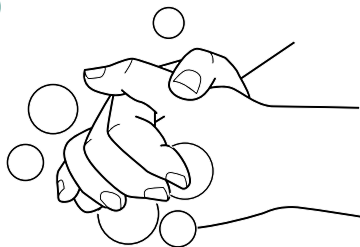
# How to use Lotacryn®

- Always use this medicine **exactly** as your doctor, or the doctor treating your child has told you. If you are unsure about how to use this eye drop, check with your doctor, the doctor treating your child or your pharmacist.
- The recommended dose is **one eye drop** into the affected eye(s) **once daily**, ideally in the evening.
- If you or your child wear contact lenses, they should be **removed** before using Lotacryn®. After using Lotacryn®, you should wait **15 minutes** before putting the contact lenses back into the eyes.
- **Only use one bottle** of Lotacryn® at a time and do not open the cap until you are going to use the medicine.
- You must dispose of the bottle **30 days after you first opened it**. To remember the date you first opened the bottle, make note of it on the designated space on the carton.



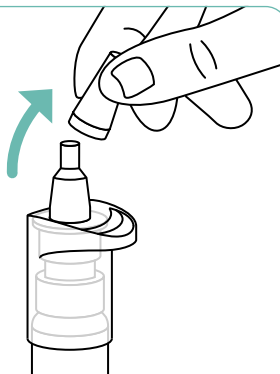
# How to use Lotacryn<sup>®</sup> (continued)

1



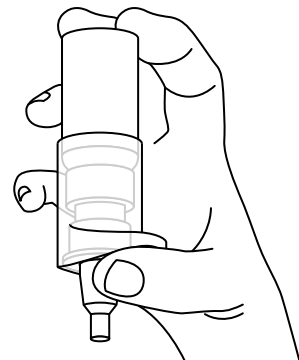
**Wash your hands** with soap or sanitiser before opening the bottle.

2



Remove the protective cap from the bottle. **To avoid contamination of the solution, the tip of the bottle should not touch anything.**

3



Hold the bottle upside down with your thumb on the shoulder of the bottle and the other fingers on the bottom of the bottle.

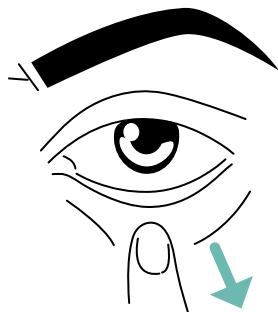


**Note: Before the first use, pump the bottle repeatedly, approximately 10 times, until the first drop comes out.**

The first drop may have a whitish appearance, this is trapped air and should not cause concern.

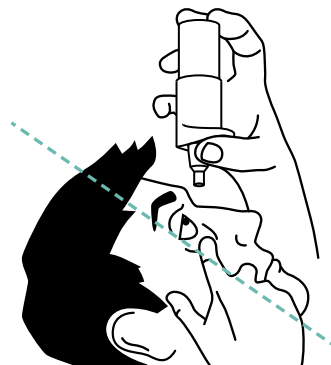
If the medicine has not been used for more than 5 days, it is necessary to discard approximately 10 drops before application.

4



Tilt your head back and gently pull down your lower eyelid to form a pouch between your eye and eyelid.

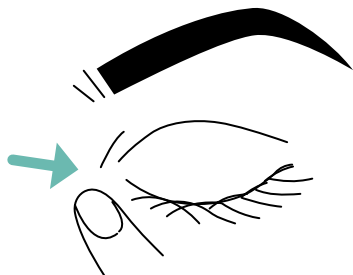
5



Place the tip of the bottle close to, but not touching your eye. Press down the thumb support and the bottom side of the bottle so that one drop goes into your eye, then release the lower eyelid.

# How to use Lotacryn® (continued)

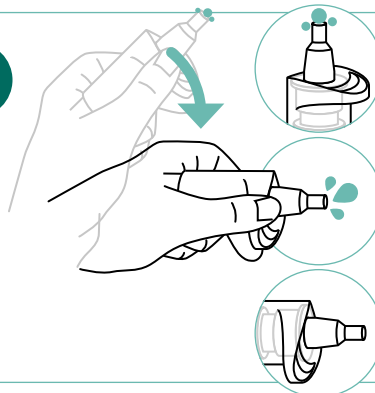
6



Close your eye and use one finger to gently press the inside corner of the eye for 1 minute.

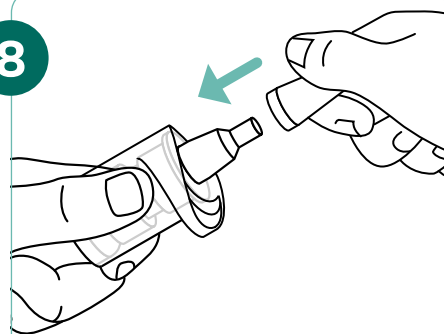
**Repeat steps 4,5,6 in your other eye if your doctor has told you to do so.**

7



After each use, the bottle should be shaken once in a downwards direction, without touching the dropper tip, in order to remove any residual liquid. This is necessary in order to ensure delivery of subsequent drops and to prevent contamination.

8



Put the cap back on the bottle to avoid contamination of the solution.





### If you use Lotacryn<sup>®</sup> with other eye drops:

If you use other eye drops, you should wait for at least five minutes after using Lotacryn<sup>®</sup> to instil them.



### If you use more Lotacryn<sup>®</sup> than you should:

If you put too many drops into the affected eye, it may lead to some minor irritation and the eyes may water and become red. This should pass, however, if you are worried contact your doctor or the doctor treating your child for advice.



### If you forget to use Lotacryn<sup>®</sup>:

If you forget to use your eye drops at the usual time, wait until it is time for your next dose. **Do not use a double dose to make up for the forgotten dose.**

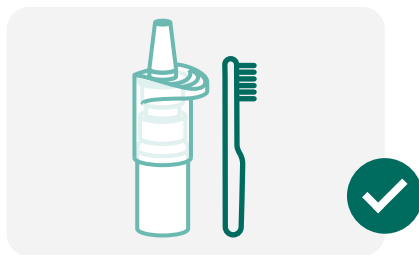


**If you or your child swallows Lotacryn<sup>®</sup> accidentally, contact a doctor as soon as possible.**

# Tips for using Lotacryn®

It's important to get used to using your eye drops and getting into **a good routine** from the start.

It is important to remember that glaucoma is a lifelong condition with no cure and using your drops properly will help to prevent sight loss in the future. Here are some tips to help you get used to using your drops.



## Next to toothbrush/ nightstand

Forgetting to take your eye drops can impact the effectiveness of your treatment. Try placing your eye drops next to your toothbrush or on your nightstand, so you are reminded to use them at the same time as other things in your daily routine.



## Reminder on your phone

It can be useful to set reminders on your phone at the beginning to help you remember to take them or you could ask a family member or friend to help remind you.



## Calendar reminder to start new drops

It is important to remember that your bottle must be discarded 30 days after opening. Making a note on a calendar of when you start a new bottle will help to remind you when you are due to start a new bottle, or use the designated space on the carton to write down the date you opened the bottle.



## Pharmacy text reminder service

Sign up to your local pharmacy's text reminder service.

**You may require a repeat prescription to be issued.**  
**Remember to do this in advance of your drops running out.**



## Plan ahead when travelling

Travelling can cause disruptions to your daily routines and can interfere with instilling your eye drops. Plan ahead if you are travelling and don't forget to schedule in time to take your medication.

# Tips for using Lotacryn® (continued)



## Support from your healthcare professional

Talk to a healthcare professional if you are finding it difficult to instil your drops. They can provide the necessary help and support.



## Using your eye drops during Ramadan\*

If you are worried about using your drops while fasting, block your tear duct by pressing on the corner of your eye next to your nose, immediately after putting in your drops. This stops the drops reaching the back of your throat, and keeps them in your eye, where they need to be. If in doubt, you can choose to use your drops between Iftar and Suhoor.



Scan this QR code to watch a **comprehensive step-by-step video on how to instil Lotacryn®**



\*Abstract from Glaucoma UK

# Disposing of your empty bottle safely



**DON'T** throw medicines away incorrectly such as in the bin. This could lead to them being found by children or those they are not intended for.



**DON'T** flush any medication down the toilet or pour them down the sink as this poses risks to the environment.



You should dispose of your eye drops by returning them to a pharmacy or your dispensing doctor where they will be disposed of or recycled appropriately.

# Notes

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**These recommendations have been validated by glaucoma specialists.**

### **Scope's Eco Print Promise:**

Scope works with a sustainably conscious print partner, who:

- See the Woodland Trust plant trees for every tonne of paper used.
- For every one tree used, they're planting four more.
- Produce using solar power in a carbon neutral building.
- Print with vegetable-based inks and Recycled Printing Plates and Toners that remove harmful chemicals from the process.
- Only print on Forest Stewardship Council (FSC) accredited paper from sustainably managed forests ISO14001 and FSC certified.
- Members of Two Sides/Love Paper.



**Please recycle**



**If you get any side effects you should tell your doctor, nurse or pharmacist.**

**Also, you can help to make sure that medicines remain as safe as possible by reporting any side effects via the internet at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).**

**Alternatively, you can report adverse events to Scope Ophthalmics by email to [info@scopeeyecare.com](mailto:info@scopeeyecare.com) or telephone 0808 175 3200.**



T: 0808 175 3200 | E: [info@scopeeyecare.com](mailto:info@scopeeyecare.com) | Visit: [www.scopeeyecare.com](http://www.scopeeyecare.com)



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