

How to give your child eardrops or spray: information for families

This information sheet from Great Ormond Street Hospital describes how to give your child ear drops or spray. There is also a short video podcast available on our website at www.gosh.nhs.uk/conditions-and-treatments/medicines-information. An Easy Read information sheet is included for your child. If you have any questions about your child's ear drops or spray, please ask your family doctor (GP) or local community pharmacist.

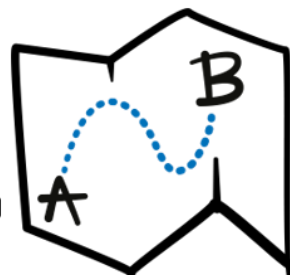
What to do

1. Wash your hands.
2. Get your child into any of these positions with the ear you are treating facing upwards.
 - Tilt your child's head back and to one side
 - Lay your child flat on their back with their head turned to the side
 - Ask someone to hold your child in a safe position as above
 - Wrap your baby or young child in a light blanket or sheet to keep their arms still
3. Shake the bottle or spray.
4. Remove the stop of the bottle or spray and throw away the plastic seal.
5. Gently pull your child's earlobe backwards to open up the ear canal.
6. Put the prescribed amount of drops or spray into the ear canal – this will be on the label.
7. Keep your child in this position for a few minutes so the drops or spray can spread inside the ear.
8. Put the top back on the bottle or spray.













Note: If your child needs drops or spray in the other ear, after a few minutes, turn them over so that the other ear is facing upwards and repeat the above steps.

Storing the eardrops or spray safely

- Keep all medicines out of the reach and sight of children.
- Keep the bottle or spray tightly closed in a cool, dark place according to the instructions on the label.
- Read the instructions on the label and only use the drops or spray in the affected ear(s).
- Always check the expiry date of the medicine before you give it to your child.
- Eardrops or spray should not be used longer than stated on the label. If you are giving your child eardrops or spray for a certain number of days, write the date you open the container on the label so you know when to throw it away.



How to use ear drops

	Wash your hands
	Sit in a chair
	Shake the bottle Check how many drops you need to put into each ear
	Lay your head on the chair arm so your ear is facing upwards
	Pull your earlobe backwards and put the drops into your ear
	Do not move for a few minutes
	If you need to put drops in the other ear, turn over
	Put the drops into your other ear
	Put the top back on the bottle
	Store the bottle in a safe place, away from children
	Store the bottle in the fridge if the label says so
	If you have any questions, ask your pharmacist

