

## Patient information factsheet

# Cyclopentolate eye drops for children (for use at home)

We have given you this factsheet because your child has an appointment for a sight test, and we have given you cyclopentolate eye drops to use before the test. We hope it will help to answer some of the questions you may have. If you or your child have any further questions or concerns, please speak to a member of our team or contact us using the details at the end of the factsheet.

It is important that you tell us if your child:

- is allergic to any medication
- has high blood pressure
- has a heart condition
- has seizures

Cyclopentolate eye drops may not be suitable for your child.

### What are cyclopentolate eye drops?

Cyclopentolate eye drops temporarily dilate (widen) the pupils and stop the eyes from changing focus. This will help your child's eye doctor or optometrist to examine your child's eyes and check if they need glasses, or a change to the glasses they currently wear.

### How long do the effects last?

The eye drops usually take 20 to 40 minutes to work. The eye drops vary in their effect and can last up to 36 hours.

### Can my child return to school or nursery after the sight test?

Your child can go back to school or nursery after having eye drops, but they will temporarily have blurred vision and be sensitive to light. Please make sure that your child's teacher or play leader knows about the eye drops, so they are able to provide additional support and supervision if needed. Each child will react differently, but it is best to avoid sports until the blurred vision has worn off.

### Using the drops at home

The drops come in a small, single-use plastic bottle called a minim. We will give you one minim. You will need to put one drop from the minim into each of your child's eyes 30 to 60 minutes before the appointment.

**Do not** give your child cyclopentolate eye drops if they have a fever (a temperature of 38°C or above) or are allergic to cyclopentolate.

## How to use the drops

1. Wash your hands.
2. Ask your child to lie down, or to sit on another adult's lap with their head tilted back onto the adult's arm.
3. Take the cap off the minim bottle.
4. Gently open the eyelids of the first eye, and put one drop in the centre of the inside of the lower eyelid. Do not let the bottle touch the eye.
5. If it is difficult to open the eye, you can leave the lids closed and place the drop where the upper and lower eyelids meet in the centre of the eye. Keep your child lying down. When they open their eye, the drop should trickle into the eye.
6. Close the eye and gently press your finger against the inner corner of the eye for at least one minute. This blocks the duct that runs from the eye into the nose and helps to keep the drop in the eye.
7. Wipe away any excess liquid from your child's face with a clean tissue.
8. Repeat steps 4 to 8 for the other eye using the same minim bottle.
9. Replace the lid on the minim bottle and throw the minim away, even if you haven't used all the drops in it. Dispose of it in an outside rubbish bin, so that children cannot get hold of it. Do not throw the drops in the rubbish bin in the house or flush them down the toilet.
10. Wash your hands again.

If for any reason you do not use the minim bottle, please return it to a pharmacy.

Please note that cyclopentolate must not be swallowed. Make sure that you only use the eye drops as prescribed and keep them out of the reach of children.

## Storing the drops

You should store the drops:

- safely out of the reach of children
- at a temperature less than 25°C (room temperature)
- in a dry place away from strong light

Do **not** place the drops near food or drink.

## Side effects

**Side effects commonly seen in practice include:**

- a stinging sensation when the drops are put in (this usually wears off after a couple of minutes)
- blurred vision (especially for close work such as reading)
- a sensitivity to bright light while the pupils are large (wearing a hat or sunglasses may help)

**Side effects rarely seen in practice include:**

- |   |   |
|---|---|
| • red, watery eyes  | • a high temperature (38°C or above)                          |
| • hot flushes for the first hour after the drops are put in | • difficulty passing urine (weeing)                           |
| • a rapid heartbeat   | • restlessness, excitement or irritability                    |
| • a dry mouth or dry skin                                   | • gastrointestinal upset (for example, diarrhoea or vomiting) |
| • skin rashes   |   |

Please contact us if you notice any of the rare side effects or are concerned about any side effects your child is experiencing.

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As with all medicines, there is a very small risk of having a severe, life-threatening allergic reaction (anaphylaxis).

In the very unlikely event that a severe side effect occurs, please seek urgent medical help. Call **999** for an ambulance or take your child to your nearest emergency department.

Some additional side effects have been reported. For a full list of the potential side effects, please visit: [www.medicines.org.uk/emc/product/4258/pil#about-medicine](http://www.medicines.org.uk/emc/product/4258/pil#about-medicine)

## Contact us

If you have any concerns about your child before you arrive at the eye clinic or after leaving the eye clinic, please contact the orthoptic department or eye emergency department using the telephone numbers below.

### Orthoptic department

Telephone: **023 8120 4789** (Monday to Friday, 8am to 5pm)

### Eye emergency department

Telephone triage line: **023 8120 6592** (Monday to Friday, 8am to 7.30pm, weekends and bank holidays, 8am to 6pm)

If your child needs to see a doctor while their pupils are still large, for example if they have an accident, you should let the doctor know that they have had dilating eye drops.

## Useful links

[www.squintclinic.com](http://www.squintclinic.com)

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsuppothub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)**