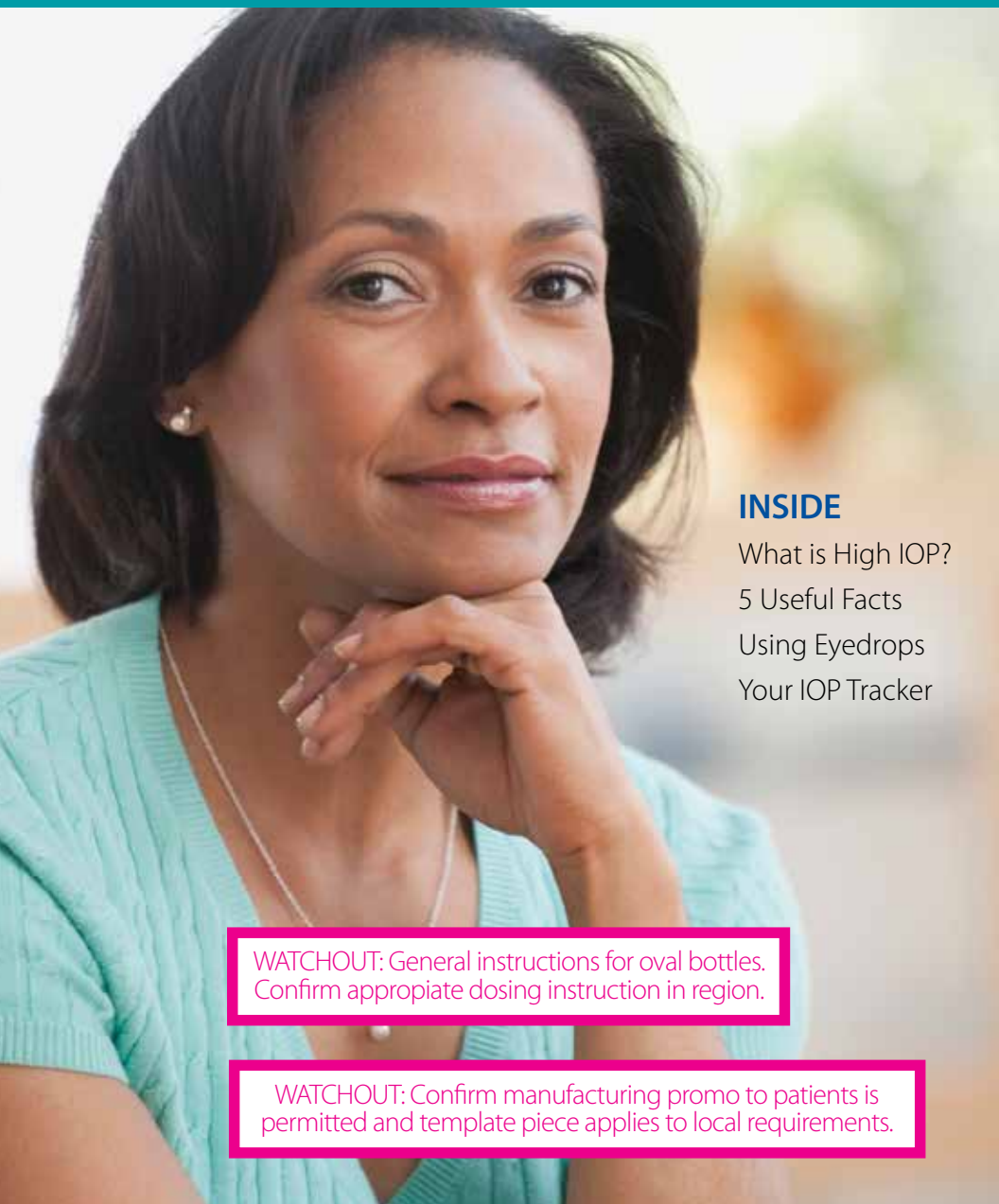


# High Eye Pressure

What you should know



## INSIDE

What is High IOP?

5 Useful Facts

Using Eyedrops

Your IOP Tracker

**WATCHOUT:** General instructions for oval bottles.  
Confirm appropriate dosing instruction in region.

**WATCHOUT:** Confirm manufacturing promo to patients is  
permitted and template piece applies to local requirements.

# What is high IOP?

A brief introduction



## When eye pressure is too great

High intraocular pressure (IOP) occurs when your eye's fluid drains more slowly than normal. The excess fluid increases the pressure in the eye.

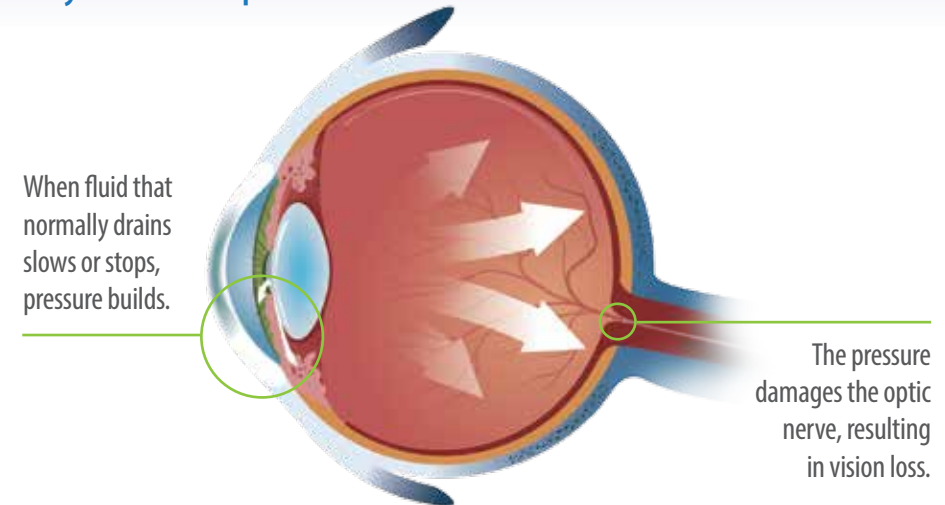
## A risk factor for glaucoma

When eye pressure becomes too great, it damages the optic nerve. That's why it's considered a risk factor for glaucoma, which is a leading cause of blindness. The IOP Tracker in this booklet can help you follow your IOP levels over time.

## There are several treatments

The first step in treating high eye pressure is generally prescription eyedrops. Using your eyedrops correctly (see the instructions in this booklet) can help make sure you're getting the most from your treatment.

## How high eye pressure may affect the optic nerve.



## How vision loss can occur

Glaucoma is a progressive eye disease that results in damage to the optic nerve. Because the optic nerve transmits information from your eye to your brain, glaucoma can result in a gradual, irreversible loss of vision. If left undiagnosed, it can eventually cause blindness.

# 5 things

to know about your treatment.

## 1. Glaucoma can lead to vision loss.

Though all the factors that may contribute to glaucoma are not completely understood, there currently is only one treatable risk factor: elevated intraocular pressure (or “high IOP”). Your doctor will want to lower your eye pressure because when the pressure is too high for your optic nerve to tolerate, the nerve can get damaged.

## 2. There isn't a single way to treat high IOP.

Some medications help your eye's fluid drain faster, and others reduce the amount of fluid the eye produces. Combination drops can do both. And there are surgical options, too.

## 3. Why taking your drops as prescribed is important.

After you begin your medication, your doctor will examine your eyes to see how you're responding. If you aren't taking your drops consistently the way your doctor specified, your results won't be accurate, and your doctor won't know if or how your treatment should be adjusted.

If you tend to forget to take your drops, set up an automatic reminder for your computer or mobile phone. Also consider simple solutions like sticky notes on your bathroom mirror.

## 4. Being candid with your doctor is important.

Your doctor wants to help you succeed in meeting your treatment goals. So if he or she asks how you're doing with taking your drops, be honest. There are no right or wrong answers. Your doctor can help you overcome your challenges.

## 5. Your treatment may change.

Your eyes aren't exactly like anyone else's, and a treatment that might be just right for someone else might not be right for you. There are a number of reasons your doctor might decide to change or adjust your therapy. Fortunately, there are many good options available.



# Use your eyedrops

the right way.

High eye pressure must be treated over the course of your life, and must be managed around the clock — so your eyedrops must be taken regularly, the way your doctor prescribed.

Make sure you instill them correctly. One study showed that 90% of people who use eyedrops for high eye pressure don't do it right! They miss their eye, touch the bottle top to their eye, don't close their eyes properly after using the drops, and experience other difficulties.

## Step 1



Remove cap. Hold bottle upside down between thumb and index finger.

## Step 2



Gently tilt head back. Position bottle above eye. (Do not touch eye with dropper tip.)

## Step 3



Gently squeeze the sides of the bottle to dispense one drop. Be sure that the bottle doesn't touch the eye or it may become contaminated.

## Step 4



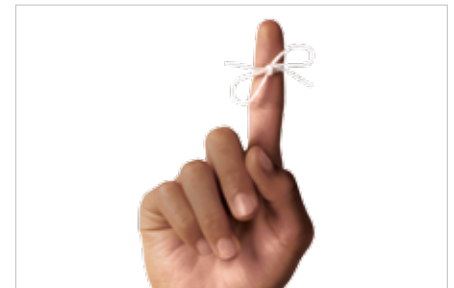
Place finger under eye and gently pull down to create a pocket between the eye and the lower eyelid.

## Step 5



Keep your head tilted backward and close your eyes for two to three minutes while gently pressing your index finger on the inside corner of your eye.

## One More Step



Remember to take your drops. That's the most important step of all!

# My IOP Tracker

One simple way you can help manage your condition

## Why keep track of your number?

You can't feel your intraocular pressure (IOP), whether it's high or low. But if it gets too high, it can lead to vision loss. So keep on top of your IOP number with this handy tracker.

**To stay on track with your treatment, stay on top of your number.\***

**My goal IOP is lower than:**

Left Eye

Right Eye

**My beginning IOP is:**

Date

Left Eye

Right Eye

**My subsequent IOP is:**

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

Date

Left Eye

Right Eye

\*Your number may change slightly at different times of day. This is normal.

**Alcon**

a Novartis company

© 2014 Novartis 4/14 MG14126PAI