



Humber and North Yorkshire
Health and Care Partnership

NHS

York and Scarborough
Teaching Hospitals
NHS Foundation Trust

How to give your child ear drops

Ear drops are topical medications used to treat or prevent conditions of the ear.

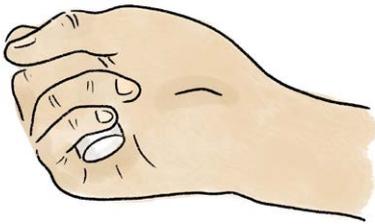


Tip

Laying your child on the sofa with their head in your lap can help, you can keep them distracted with the TV, and they're in a good position to be able to see what you're doing



Step 1: Wash your hands with soap & water.



Step 2: Warm the ear drop bottle by holding it in the palm of your hand for a few minutes. This will make the eardrops more comfortable to instill.



Step 3: Shake the bottle or spray.



Step 4: Remove the cap from the ear drop bottle. Make sure nothing touches the cap or top of the container.

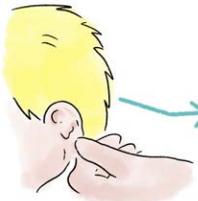


Step 5: Get your child into any of these positions, with the ear you are treating facing upwards:

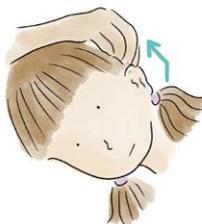
- Tilt your child's head back and to one side.
- Lay your child flat on his or her back.
- Ask someone to hold your child in a safe position as above.
- Wrap your baby or young child in a light blanket or sheet to keep his or her arms and legs still.



Down and back Up and back



Under 3y



Over 3y

Step 6: Gently pull your child's earlobe backwards to open up the ear canal.

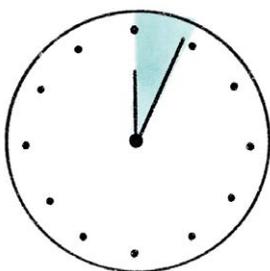


Under 3y



Over 3y

Step 7: Put the prescribed amount of drops or spray into the ear canal.



Step 8: Keep your child in this position for at 3-5 minutes so the drops or spray can spread inside the ear.



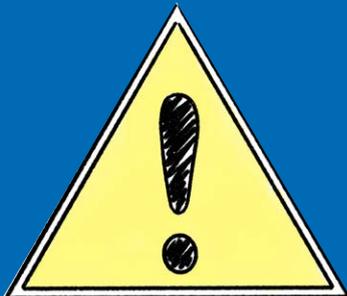
Step 8: If your child needs drops or spray in the other ear, wait 5- 10 minutes between ears then turn him or her over so that the other ear is facing upwards and repeat the above steps.



Step 9: Put the top back on the bottle or spray.



Step 10: Wash your hands with soap & water.



Keep all medicines out of your child's sight and reach.

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.

Keep the bottle or spray tightly closed in a cool, dark place according to the label.