



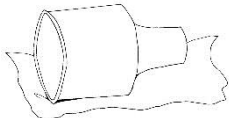
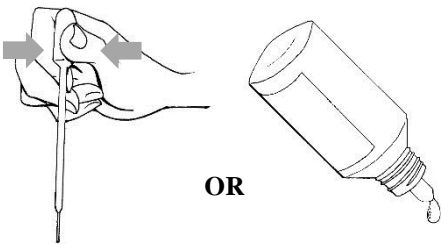
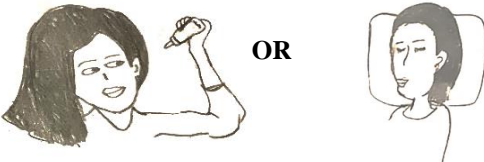

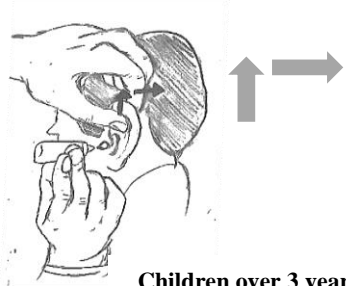
# HOW TO USE EAR DROPS PROPERLY


## 滴耳液的正确用法

### Patient Information Leaflet /病人须知

This leaflet illustrates the proper technique of using ear drops.

本单张为您提供滴耳液的正确用法。

<p>1. Wash your hands thoroughly with soap and water. 用肥皂与水将手洗干净。</p>	
<p>2. Shake the bottle gently to mix the contents well. If necessary, roll the bottle between the palms of your hands to help warm the drops to near body temperature. 将瓶中药物轻轻摇匀。若有需要，让药瓶在双手间翻滚，以让其药物的温度升至较接近体温。</p>	
<p>3. Remove the cap from the bottle and place it on a clean piece of tissue paper. 将药瓶打开，并把瓶盖放在干净的纸巾上。</p>	 <p style="text-align: right;"><b>Bottle cap</b></p>
<p>4. Draw the liquid medication into the dropper (if the dropper is separate from the bottle) OR invert the bottle if the dropper tip is attached to the nozzle of the bottle. 用滴管将药物吸出（若滴管与药瓶是分开的）或将药瓶倒置（若滴管已装于药瓶上）。</p>	 <p style="text-align: center;"><b>OR</b></p>
<p>5. Tilt your head OR lie on your side so that the affected ear is facing upwards 将头斜向一边或侧躺，以让耳朵朝上。</p>	 <p style="text-align: center;"><b>OR</b></p>
<p>6. Place the dropper tip just above your ear canal (entrance of the ear) and pull the ear as instructed below. Avoid touching the ear with the dropper tip. 把滴管放置耳道外，但勿让滴管碰到耳朵。按照以下的指示拉动耳朵：</p> <p>a) <u>For children under 3 years old:</u> <u>3岁以下的病患：</u> Gently pull the lower ear <b>DOWNWARD</b> and backward 将其下耳轻轻往下，往后拉。</p> <p>b) <u>For children over 3 years old and adults:</u> <u>3岁以上的病患：</u> Gently pull the upper ear <b>UPWARD</b> and backward 将其上耳轻轻往上，往后拉。</p> <p>Then, apply the correct number of drops in the ear, as advised by your doctor or pharmacist. 然后依医生或药剂师的指示，将正确数量的药滴，滴入耳朵。</p>	 <p style="text-align: right;"><b>Children under 3 years</b></p>  <p style="text-align: right;"><b>Children over 3 years</b></p>

<p>7. Gently massage the small skin flap over the ear to facilitate the flow of the drops into the ear canal (tragal massage)</p> <p>轻轻按揉耳道外(tragal massage)，以让药水更容易流入耳道。</p>	
<p>8. Keep your ear tilted or remain in the lying position for a few minutes so that no medicine leaks out of the ear. 继续将头斜向一边或侧躺数分钟，以避免药物流出。</p>	
<p>9. Replace the cap of the bottle immediately after use 用后即刻将药瓶盖上。</p>	
<p>10. Wash your hands again 再次将手洗干净。</p>	

### Storage:

储存方式:

- Keep away from children.  
把药物收于儿童无法取得的地方。
- Some ear drops may need to be kept in the fridge whereas others need to be kept at room temperature. Ask your pharmacist about the proper storage conditions of the ear drops you are using.  
某些药物须冷藏，而某些药物则须收藏于室温。请向药剂师查询药物正确的收藏方式。



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