1. Wash your hands and sit or stand comfortably.
2. Open the aluminium pouch, which contains 5 single-dose containers.
3. Take 1 single-dose container from the aluminium pouch, leaving the remaining containers in the pouch.
4. Gently shake the single-dose container.
5. Twist off the cap **(picture 1).**
6. Use your finger to gently pull down the lower eyelid of your affected eye **(picture 2)**.
7. Tilt your head back and look up at the ceiling.
8. Place the tip of the single-dose container close to, but not touching, your eye.
9. Gently squeeze one drop of the medicine onto your eye, then release the lower eyelid.
10. Blink a few times so that the medicine spreads across your eye.
11. After using Catiolanze, press a finger lightly on the inner corner of the affected eye by the nose. Hold for 1 minute whilst keeping the eye closed **(picture 3)**.
    A small duct that drains tears away from your eye and into your nose is located here. By pressing at this point, you close down the opening of this drainage duct. This helps to stop Catiolanze getting into the rest of the body.
12. Repeat steps 6-11 in your other eye if your doctor has told you to use drops in both eyes.
13. Discard the single-dose container after use. Do not keep it to use it again.