Prostaglandin Analogs for Glaucoma

Prostaglandin analogs for glaucoma

Your ophthalmologist has recommended you use a type of medicine called a **prostaglandin analog**. This kind of medicine is helpful in treating glaucoma.

Glaucoma is a disease that affects your eye's optic nerve, possibly leading to blindness. The optic nerve connects your eye to your brain so you can see. Glaucoma usually happens when fluid builds up in the front portion of your eye. Pressure increases in your eye, damaging the optic nerve and eventually stealing your sight.

Prostaglandin analogs work by increasing the drainage of fluid out of your eye. This helps lower eye pressure, and, hopefully, saves your vision.

Your ophthalmologist may have you take this prostaglandin analog eye drop along with other glaucoma medicine.

Every dose, every day—it can save your sight!

It is extremely important to use your glaucoma eye drops exactly as your ophthalmologist tells you to. That includes taking every dose, every day. If you do not do this, you may lose vision.

As with any medication, glaucoma eye drops can cause side effects. Possible side effects of prostaglandin analogs include:

- red, stinging or painful eyes after using drops
- feeling like something is in your eye
- blurry vision
- a permanent change in your eye color (occurs mostly in hazel eyes)
- an increase in thickness, number and length of eyelashes
- darkening of the eyelid
- upper respiratory tract infections, such as colds and flu
- joint aches
- light sensitivity
- eyes gradually sinking deeper into their sockets, keeping eyelids from working properly

Blurry vision, stinging, and redness may improve with time. But if the side effects still bother you, call your ophthalmologist. He or she may be able to lower your dose or change your medicine. Most side effects go away when the medication is stopped. **Never suddenly quit taking your medicine unless your doctor tells you to.**

Also, remember to tell your other doctors that you take a prostaglandin analog medicine for glaucoma.

How to use eye drops

Putting drops in your eyes may seem hard at first. But with practice, it should get much easier. Here are steps to take to properly use eye drops:

- Wash your hands before you remove the cap of the eye drop bottle. Do not touch the tip of the dropper. This helps prevent the spread of germs.

- Tilt your head back slightly. Then pull your lower lid away from the eye to form a "pocket."

- With your other hand, hold the dropper tip over your eyelid pocket. To keep your hand steady, you may want to rest it on your other hand or forehead.

- Look up and let the eye drop fall into the pocket. Do not touch your eye, eyelid or lashes with the bottle tip. Close your eyes (but do not blink). Keep them closed for 1 minute. Your doctor may ask you to press your finger against the inside corner of your eyelids (called "punctal occlusion").

- Before opening your eyes, wipe away any excess drops or tears with a tissue. Then open your eyes.

- If you take more than one type of eye drop medicine, wait 5 minutes between each medicine. This allows the eye to absorb each type of drop.
- Put the cap back on the bottle and store it in a safe place away from heat. Keep the bottle out of reach of children and pets. Do not keep eye drop medicine near other drop bottles (ear drops, toe fungus drops, or Superglue, for example). People often mistakenly grab the wrong bottle.

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Watch a glaucoma video from the American Academy of Ophthalmology's EyeSmart program at **aao.org/glaucoma-link**.

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