

Patient information

How to use your Mitomycin C Eye Drops

St Paul's Eye Department

You have been prescribed Mitomycin C eye drops to treat your eye condition. Mitomycin C is a cytotoxic agent which means that it can damage healthy tissue cells, and can be harmful if misused. It is therefore important that you handle your drops with care, using them only as prescribed.

How often should I use my eye drops?

One drop should be instilled into your affected eye four times daily (e.g. 7am, 12pm, 5pm and 10pm).

The drops will be supplied to you on a weekly basis (e.g. one week at a time) once a month, from the hospital pharmacy because they do not contain any preservative. The doctor will discuss the length of treatment with you. A one-week course of treatment, followed by a three-week rest period (when the drops are not used) will be repeated four times.

You will be given a supply of disposable gloves. A special container will also be provided to safely discard your used bottles, tops and droppers etc. into. New gloves should be used each time you handle the drops.

The used gloves and all other waste (i.e. any tissues used to wipe your eye after instilling the drops) should also be put into the container provided.

On completion of treatment, the container should be sealed and returned to the hospital pharmacy for safe disposal (either at your home hospital or when you return to Liverpool).

Should you need to use other drops at the same time of day, please leave at least five minutes between them to prevent one drop from diluting the other.

How do I use my eye drops?

- Make sure you have a clean tissue available for use and that your special container is to hand.
- You could also protect your skin before instillation of the drops by applying a light covering of a white petroleum jelly ointment (such as Vaseline) to your cheek. Wash your hands thoroughly after use.
- Wash and dry your hands, then put on a fresh pair of disposable gloves.
- Remove the dropper cap from the container. Gently pull down the lower eyelid of the eye being treated until a small pocket forms between your eyelid and your eyeball. Using the dropper, put one drop into this pocket.
- Replace the dropper cap and close the drop's bottle without delay.
- If any drops spill onto your cheek, you should immediately wipe them away with a tissue which should be discarded using the special container, then wash the affected area with warm water and soap.
- Bathe the area around your eye with a dilute bicarbonate solution (three teaspoons of sodium bicarbonate powder into 200ml of water) to prevent the skin becoming red and irritated.

Are there any side effects from the treatment?

The drops may sting at first and usually cause the eye to become a little inflamed and sensitive. If the stinging or inflammation becomes severe you should seek advice from the doctor.

Some patients may experience drooping of the upper eye lid (Ptosis), which may require surgery to realign the lid. Rarely patients may develop a watery eye.

Are there any alternative treatments available?

There may be other treatments available and the doctor will have discussed these with you. If you feel that you need any further information please feel free to ask your doctor or specialist ocular oncology nurse (your key worker).

What will happen if I don't have any treatment?

Your tumour may continue to grow. This might make treatment more difficult and could make your eye painful. There may be an increased risk of tumour spread out of your eye and to other parts of your body.

Is there anything else I should know?

- Remember that the eye drops have been prescribed for you only and you must never let anyone else use them. Do not store the drops in the fridge. **Store the drops in the fridge**
- The drops can be toxic if used incorrectly so please ensure they are stored in a safe place out of the reach of children.
- **Handling of drops is not recommended during pregnancy. Care should be taken if there is any risk of pregnancy or if breastfeeding.**
- **Both men and women should use birth control methods during and for three months following treatment with Mitomycin C eye drops.**

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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