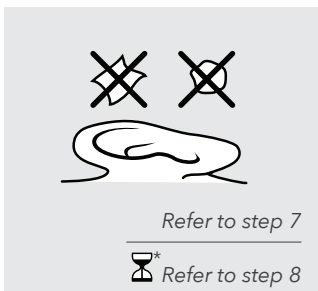
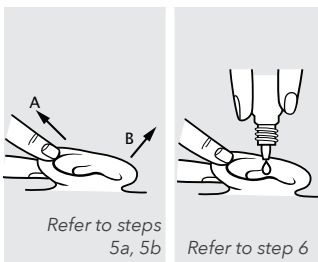
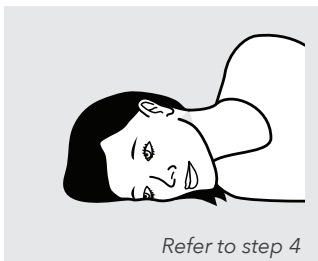
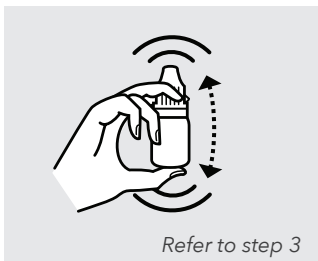
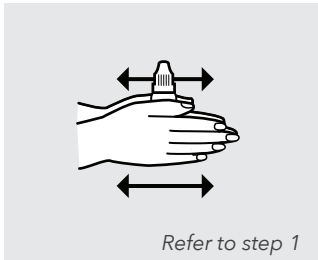


# Counselling Checklist

## Directions for use of eardrops



- 1 Warm the eardrops to body temperature by rolling the bottle in your hands in an upright position for a few minutes.
- 2 Wash your hands thoroughly with soap and water.
- 3 If the bottle is a suspension, shake the bottle before using it.
- 4 Tilt your head or lie on your side so that the affected ear is facing up.
- 5 a. For age three to adults: Gently pull the ear up and back.  
OR  
b. For children under three years: Gently pull the ear down and back.
- 6 While continuing to pull the ear, hold the dropper above the ear and place drop(s) into the ear.
- 7 Remain in the same position for at least two to five minutes.
- 8 Do not put a cotton ball or tissue paper in your ear after using eardrops.

⌚ Refer to instructions for waiting time

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