

Sno®* tears

Eye Drops, Solution

Contains Polyvinyl Alcohol 1.4% w/v

Please read this leaflet **before** you start to use your medicine. It contains a summary of the information available on your medicine. If you have any questions or are not sure about anything, ask your pharmacist.

What are Sno* tears Eye Drops and what are they used for?

Sno* tears contains a lubricant that is used as a substitute for natural tears. Your eyes will normally produce just enough natural tears to allow them to move easily and comfortably. If your eyes do not produce enough tears they can become dry, red and painful. It can also be used in patients who have artificial eyes. Sno* tears will help keep your eyes comfortable.

Before you use your eye drops

Sno* tears is used for the symptomatic treatment of "dry eye", which is a dehydration of the surface of the eye resulting from disturbances in tear secretion or tear quality. The dry eye condition can also be caused when it is not possible to close your eye lids either partly or completely.

Do not use these eye drops if you are sensitive to any of the ingredients. These are listed in the section "What is in your eye drops?"

If Sno* tears is used at the same time with other eye drops/ eye ointments, there should be an application time interval of approximately 15 minutes between use of such other medications and Sno* tears should always be the last

medication to be applied.

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines.

If you are pregnant, may be pregnant, or are breastfeeding, tell your doctor before using this product. It is possible that you will still receive it, but it is also possible that an alternative may be used.

Contact lenses

Take special care with Sno* tears if you wear contact lenses. You should take them out before using Sno* tears, and then wait for 15 minutes after application before putting them back in.

Benzalkonium chloride is used as a preservative in Sno* tears, and is known to be absorbed by soft contact lenses. Over time benzalkonium chloride can collect in soft contact lenses, and therefore may cause irritation, or discolour the lenses. Therefore use of Sno* tears while using soft contact lenses is not recommended. Sno* tears can however be used with daily disposable lenses because a new pair is used each day.

Driving and using machines

As with all eye preparations, you may have blurred vision for a little while after putting the drops in. Wait until your vision is clear before driving or using machines.

How to use your eye drops

Unless your doctor has told you differently, the standard dose is to place one or two drops of the solution in the corner of the eye, nearest the nose, as often as is required during the day.

Adults, children and elderly patients:

The number of drops used should be enough to cover the eye properly.

Follow these instructions carefully.

1. Wash hands thoroughly.
2. Twist off the cap.
3. Look upwards and gently pull down the lower eyelid.
4. Hold the Sno* tears bottle just above your eye and gently squeeze until some liquid falls into the gap between your eyeball and lower eyelid.
5. Release the lower eyelid, and move your eye, while open to ensure the solution covers the eye completely.
6. Repeat the process in the other eye if necessary.



Your ophthalmologist prescribed a tear substitute for the alleviation of your complaints. In addition to using the preparation consistently as directed, you should follow the recommendations below:

- Let fresh air into your apartment or house several times a day
- Take care that you drink sufficiently

- Go out into the fresh air frequently
- Do not direct air vents towards your eyes
- Take breaks when working in front of a computer screen.

It is, however, also important that you consult your ophthalmologist regularly for follow-up examinations, because dry eye conditions may lead to a serious disease if they are treated incorrectly or inadequately.

Possible side effects

It is very unlikely that you will suffer an overdose from using this medicine, but if you suddenly feel unwell after using the drops, tell your doctor or eye specialist.

The side effects that have been reported following the use of Sno* tears eye drops are mild stinging and visual disturbances, for example blurred vision. Your eyes may sting a little when the drops are put in. These effects will wear off within a few minutes.

- If you experience any other undesirable effects whilst using this medicine, please talk to your doctor or pharmacist.

How to look after your drops

- Do not use the eye drops after the expiry date. This is marked on the bottle and the carton after the letters "EXP".
- Store Sno* tears eye drops below 25°C (normal room temperature).
- Sno* tears is sterile until first opened. It is important to keep the bottle as clean as possible during use.
- Dispose of any remaining contents 1 month after first opening the bottle. It may be helpful to make a written

record on the tube of the date on which you opened it.

- Keep out of the reach and sight of children.
- Remember this medicine is for you. Do not give it to someone else.

What is in your eye drops?

The active ingredient is polyvinyl alcohol. Each bottle contains 10 ml of solution of which 1.4% w/v is polyvinyl alcohol. The other ingredients are benzalkonium chloride, disodium edetate, hydroxyethylcellulose, sodium chloride, sodium hydroxide and purified water.

Contents of the pack

Each bottle contains 10 ml of solution.

Marketing Authorisation Holder

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A copy of this Patient Information Leaflet is available in large print and audio format at www.xpil.medicines.org.uk. For any information about this medicine, please contact the Marketing Authorisation Holder (please see above).

FURTHER INFORMATION

This condition is so common that one in five patients who go to see an ophthalmologist suffers from a dry eye condition. There are many causes, such as reduced tear production in old age, air-conditioned rooms, computer work, hormonal changes during menopause, etc. Environmental and climatic effects can also play a role in the development of dry eye conditions.

What do we understand by the term "dry eye"?

During the course of the day we blink 14,000 times on an average. With each blinking motion of the eye, a very thin tear film is distributed over the surface of the eyeball, which keeps it smooth, clean and moist, and protects the eye from pollutants. When the volume or the composition of the tear film is disturbed, desiccation phenomena (drying out) of the cornea and conjunctiva occur and the patient experiences symptoms such as burning, dry eye sensation, gritty feeling, feeling of pressure, and sensitivity to light.

Sno* tears are soothing drops which moisten the eye and provide tear-like lubrication to the eyes and eye lids.

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