

Dry Eye Syndromes Guideline

Short-term Treatment

Patients should be advised that there is a wide range of preparations available to purchase over-the-counter at a lower cost than the prescription charge.

Where it is considered necessary to prescribe, a preparation with a low acquisition cost is recommended.

In cases where meibomian gland dysfunction or blepharitis is implicated, a lipid containing drop (such as Systane Balance®) could be considered alongside lid hygiene advice.

Eye Drops

	Product	Active ingredient(s)	Presentation	Shelf-life once opened
1 st –line:	Sno Tears® , or Hypromellose 0.3%	polyvinyl alcohol 1.4% hypromellose 0.3%	10ml 10ml	1 month 1 month
2 nd –line:	Blink Intensive Tears®	sodium hyaluronate 0.2%, polyethylene glycol 0.25%	10ml	45 days
3 rd –line (or MGD):	Systane Balance®	propylene glycol 0.6%	10ml	6 months

Eye Ointment / Gel*

Recommended:

- **Clinitas Carbomer Gel®** (carbomer 0.2%) – *cheaper in primary care*
- **GelTears®** (carbomer 0.2%) – *cheaper in secondary care*

Long-term Treatment

Preservative-free medication is to be considered if the patient is intolerant/allergic to preservatives, if the treatment is likely to be prolonged or if the patient requires more than 4 drops/day especially if the patient has severe symptoms or if associated with a systemic disease (e.g. Secondary Sjögren's syndrome).

The following preservative-free preparations are recommended:

Eye Drops

	Product	Active ingredient(s)	Presentation	Shelf-life once opened
1 st –line:	Hylo-Forte®	sodium hyaluronate 0.2%	10ml	6 months
2 nd –line:	Clinitas Multi®	Sodium hyaluronate 0.4%	10ml	3 months
3 rd –line:	PF Drops® Carmellose 0.5%	carmellose 0.5%	10ml	60 days
4 th –line:	Xailin Fresh®	carmellose 0.5%	30 x 0.4ml	12 hours (re-sealable)

Eye Ointment / Gel*

Recommended:

- **Xailin Night®** (White soft paraffin, white mineral oil, lanolin alcohols)

Advice for patients on administering eye drops: www.myeyedrops.info

*Ointments and Gels are recommended when symptoms occur during the night or on waking