NHS
Suffolk and
North East Essex

Guidance for Prescribers: Prescribing frequency of eye lubricants

Eye lubricants are for eye specialist initiation/recommendation only.

Now that many brands expire 3-6 months from opening, please use the chart on page 2 as a guide for expected prescription request frequency.

The duration a product should last, as indicated in the table, serves as an example only.

Over-use can happen from squeezing bottles too hard or missing the eye. Some patients may on occasion be advised to use additional drops of preservative-free versions when symptoms are particularly bad. Please refer to Moorfields guide on how to use your eye drops to further support patients with their medication.

One drop is enough to fill the eye surface, any more will usually overflow or drain through the tear ducts. For patients needing to instil two eye medications at the same time of day should be advised to wait 3-5 minutes between them so they can both absorb. If using an eye ointment at the same time as eye drops, the eye drops should be used first, leaving a 5 minute gap before using the ointment. Some helpful advice to aid absorption is to close the eye(s) and rest a finger on the inner punctum for a couple of minutes after instillation before using a tissue to dab away excess tears.



Pack size and contents of drops/applications are sourced from manufacturers' websites or directly confirmed with the manufacturer.

Produced by SNEE Medicines Optimisation team November 2025
Approved Integrated Medicines Optimisation Committee (IMOC) 11th November 2025

Formulary eye drop/ointment (listed alphabetically)	Expiry once opened	Pack size and contents of drop/application	If one drop is applied in <u>each eye</u> at the specified frequency, the product is expected to last for the duration indicated below*			
			Once a day	Twice a day	Three times a day	Four times a day
Artelac® nighttime gel 10g tube	28 days	10g = 180-280 drops	28 days	28 days	28 days	22.5 – 28 days
Blink Intensive Tears® eye drops 0.2%	45 days	10ml = 200 drops	45 days	45 days	33 days	25 days
Carmellose single unit dose vials 30 x 0.4ml**	Single use only	0.4ml single use vial	1 x 30	2 x 30	3 x 30	4 x 30
Evolve® Carbomer 980 0.2% gel	3 months	10g = 360 drops	3 months	3 months	2 months	45 days
Evolve Revive® eye drops	3 months	10ml = 360 drops	3 months	3 months	2 months	45 days
EvoTears® eye drops 3ml	6 months	3ml = 280 drops	5 months	2.5 months (70 days)	46 days	35 days
Eyeaze® Carmellose 0.5% & 1% eye drops 10ml	3 months	10ml = 240 drops	3 months	2 months	40 days	30 days
HydraMed night® 5g eye ointment	3 months	5g = 300 applications	3 months	2 months (75 days)	1 month (50 days)	1 month (37 days)
Hylo- dual Intense® eye drops	6 months	10ml = 300 drops	5 months	2.5 months (75 days)	50 days	37.5 days
Hylo-forte® eye drops	6 months	10ml = 300 drops	5 months	2.5 months (75 days)	50 days	37.5 days
Hylo night® 5g eye ointment	6 months	5g = 300 applications	5 months	2 months (75 days)	1 month (50 days)	1 month (37 days)
Trehapan® eye drops	3 months	10ml = 250 drops	3 months	2 months	41 days	31 days
Thealoz Duo Gel Unit dose vials 30 x 0.4ml**	Single use only	0.4ml single use vial	1 x 30	2 x 30	3 x 30	4 x 30
Vismed gel® Multi 0.3% eye drops	3 months	10ml = 250 drops	3 months	2 months	41 days	31 days
VisuEVO® eye drops 10ml	60 days	10ml = 283 drops	60 days	60 days	46 days	35 days
VIZhyal® 0.2% & 0.4% eye drops 10ml	3 months	10ml = 200 drops	3 months	50 days	33 days	25 days
VIZcellose® 0.5% & 1% eye drops 10ml	3 months	10ml = 200 drops	3 months	50 days	33 days	25 days
Xailin Plus HA® 0.2%eye drops 10ml	3 months	10ml = 240 drops	3 months	2 months	40 days	30 days

*Drops running out mid-way through a month should have an ordering frequency rounded down to the nearest month. Patients can be advised to order when running low.
**Typically one 0.4ml unit dose vial contains enough solution for both eyes.

Eye drop brands not listed should be checked from the manufacturer for the number of eye drops they contain. For queries, please contact the Medicines Optimisation team.

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