

NHS WOLVERHAMPTON DRY EYE GUIDANCE

Severity	First choice of treatment	If first choice is not appropriate (second choice)	Other treatments
Mild dry eyes (less than 4 drops per day needed)	Hypromellose drops 0.5% or 0.3% (interchangeable) 10ml Carbomer 980 gel 10g (Clinitas® gel)	<u>Drops used four times a day or less</u> Optive® 10ml (Carmellose) - multidose Δ # ✓	Bed time : Xailin night® 5g
		<u>Drops used more than four times a day</u> Acetylcysteine 5% (Ilube® 10ml) Carmellose 1% unit doses (Pack of 30) Δ ✓ if not tolerated, carmellose 0.5% (Xailin Fresh®) Δ ✓	
Moderate dry eyes (4 to 6 drops per day needed)	Hypromellose drops 0.5% or 0.3% (interchangeable) 10ml Carbomer 980 gel 10g (Clinitas® gel) A preservative free drop may be given if drops are used 6 times a day or more along with Xailin night® used at night time	<u>Drops used four times a day or less</u> Optive® 10ml (Carmellose) – multidose Δ # ✓	Bed time : Xailin night® 5g
		<u>Drops used more than four times a day</u> Acetylcysteine 5% (Ilube® 10ml) Carmellose 1% unit doses (Pack of 30) Δ ✓ if not tolerated, carmellose 0.5% (Xailin Fresh®) Δ ✓	
Severe dry eyes (more than 6 drops per day needed)	Initiated by a specialist consultant Evolve® drops 10ml - multidose Δ # ✓ Optive® 10ml (Carmellose) – multidose Δ # ✓	Acetylcysteine 5% (Ilube® 10ml) Carmellose 1% unit doses (Pack of 30) Δ ✓ if not tolerated, carmellose 0.5% (Xailin Fresh®) Δ ✓	Bed time : Xailin night® 5g

Δ – Preservative free

- 6 month expiry once opened

✓ - suitable for use with contact lenses