

How to use your Mitomycin C eye drops - 0.04% or 0.02%



What are mitomycin C eye drops?

Mitomycin C is a cytotoxic drug which means that it works by killing cells and so it must be handled with care. The drops should be handled carefully using the gloves supplied as it can be toxic on contact with the skin.

You have been prescribed these eye drops to treat your eye condition. Mitomycin C is not licensed for use as an eye drop. Nevertheless, it has been used within specialist eye clinics for more than 10 years with good effect. If you would like more information about such unlicensed use, please contact the pharmacist.

**Caution: Handling of drops is not recommended during pregnancy.
Care should be taken by those of child-bearing age.**

Remember that the eye drops have been prescribed for your use only and you must never let other people use them.

How do I store the eye drops?

Store them in a fridge, preferably in the plastic pot that we give you, so as to keep them separate from any other items in the fridge.

What should I have ready before using the eye drops?

1. Disposable gloves
2. The yellow bin that has been provided
3. Sodium bicarbonate solution (see below)
4. Yellow soft paraffin
5. Mitomycin C eye drops
6. A clean tissue

What should I do just before using the eye drops?

1. Apply the yellow soft paraffin to the area immediately around your eye and on the cheek below the eye being treated. This protects the skin from the mitomycin C.
2. Prepare the sodium bicarbonate solution by adding three 5ml spoonful's of sodium bicarbonate powder to 200ml of water.
3. Wash and dry your hands
4. Put on the disposable gloves.

How do I use the eye drops?

As the drops contain no preservative it is important that they are handled cleanly, taking care not to touch the surface of the eye or eye lashes with the dropper.

If someone is putting the drops in for you, look up and away from the tip of the dropper. The person administering the eye drop should gently pull down the lower eye lid to create a pocket and deliver one drop into this pocket and then gently release the eye lid.

If you are doing it yourself, pull down the lower eyelid until there is a small pocket between the lid and the eye. Put in one drop into the pocket then gently release the eye lid.

Do not let the tip of the dropper touch the eye.

Replace and tighten the cap immediately after use.

Use a clean tissue to wipe any excess liquid off your cheek.

If any of the drops should flow onto the face there could be redness and irritation. If this should happen, bathe the area with the bicarbonate solution (see above) and dry off with a tissue paper.

Return the eye drops to the fridge immediately after use.

If you have other eye drops to use at the same time of day, use the other drops first (leaving at least 5 minutes between them), wait 5 minutes and then use the mitomycin C last of all.

Where should I discard all used items?

As mitomycin C is a cytotoxic, all used items that may have come into contact with the medicine, like the gloves and, if used, tissues, must be disposed of in the yellow bin that has been provided. Also use this bin to dispose of the eye drop bottle after it has been open for a week.

Once the entire treatment has been completed, seal the bin and return it to the Pharmacy at the hospital.

How often do I have to use the drops?

ONE drop into the affected eye FOUR times a day (ideally this should be every 6 hours, but an interval of 4 hours between doses is acceptable)

How long can I keep the eye drops for once opened?

Once the bottle is opened, it only keeps for one week. Any unused contents must be disposed of in the yellow bin after this time.

How long do I have to use the drops for?

The length of treatment will vary. They are usually used for a total of 3 weeks, with one week off between treatments (see below), but the doctor will decide what length of treatment is best for you.

You will have one week of treatment, followed by one week without any treatment and this will be repeated until you complete the required number of weeks.

How often will the eye drops be supplied?

The product has a limited shelf life and so for this reason, you may sometimes only be supplied with one bottle at a time close to the treatment date. The pharmacist will advise you on this.

Will I experience any side effects?

The drops may sting initially. However, if you experience any of the following please contact the clinic promptly for advice and an earlier appointment:

- Redness of the eye / eyelids
- Itching or swelling of the eyelids
- Intolerance to bright light
- Prolonged irritation or pain

Any further questions

If you are unsure about any of this advice, please ask your doctor or pharmacist, or call:

QVH Patient Medication Helpline
Tel: 01342 414215





Please ask if you
would like this leaflet
in larger print or an
alternative format.

Pharmacy Department

Issue 1 - Ref. No; 0709

Approved by the Patient Information Group

Print March 2020 – Review March 2023

© Copyright QVH NHS Foundation Trust

www.qvh.nhs.uk