

Keep Up With Your Treatment and Keep Track of Your Eye Pressure

Xalatan[®]
latanoprost ophthalmic solution

Get into the habit of applying your XALATAN[®] (latanoprost ophthalmic solution) eye drops at the same time every day

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>
Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____	Time: _____
DAY 29	DAY 30	DAY 31	NEXT DR. VISIT	Notes: _____ _____ _____		
Drops <input type="checkbox"/>	Drops <input type="checkbox"/>	Drops <input type="checkbox"/>				
Time: _____	Time: _____	Time: _____				

Take this helpful chart to your next doctor appointment so you can start keeping a record of your eye pressure at each visit.

My initial eye pressure: R _____ L _____
(R = Right Eye Pressure; L = Left Eye Pressure)

DATE: _____		DATE: _____	
EYE PRESSURE		EYE PRESSURE	
R	L	R	L
DATE: _____		DATE: _____	
EYE PRESSURE		EYE PRESSURE	
R	L	R	L

XALATAN[®] (latanoprost ophthalmic solution) is for the treatment of high eye pressure/ intraocular pressure (IOP) in people with open-angle glaucoma or ocular hypertension.

Important Safety Information

Like all medicines, XALATAN can have side effects. These side effects are usually mild and tolerable and may include blurred vision, burning and stinging, eye redness, the feeling of something in the eye, eye itching, increased pigmentation (darkening) of eye color, or irritation of the clear front surface of the eye.

Please see important safety information continued on next page and enclosed full prescribing information.

Visit www.XALATAN.com
for more information

How to Administer Your XALATAN Eye Drops

Xalatan[®]
latanoprost ophthalmic solution

Follow these 5 steps to properly put in your eye drops:

1. Wash and dry your hands
2. Find a comfortable seat and tilt your head back slightly
3. Gently pull down your bottom eyelid
4. Use your other hand to hold the bottle and put the drop into the space between the lower lid and the eye (*repeat steps 3 and 4 on your second eye*)
5. Close your eyes and gently press on your tear ducts—the inner corners of the eyes—for 2 or 3 minutes; this stops the blinking action from draining the drops away. If you're taking more than one eye drop medication, wait 5 minutes before using the second eye drop medication



Important Safety Information (continued)

XALATAN[®] (latanoprost ophthalmic solution) may slowly cause darkening of the eye color due to increased brown color, darkening of the eyelid and eyelashes, and increased growth and thickness of eyelashes. Color changes can increase as long as XALATAN is administered, and eye color changes are likely to be permanent.

There have been reports of bacterial keratitis associated with the use of multiple-dose containers of topical ophthalmic products.

The recommended dosage is one drop (1.5 µg) in the affected eye(s) once daily in the evening. If one dose is missed, treatment should continue with the next dose as normal.

To prevent infection or contamination of the solution, try not to allow the end of the bottle to make contact with the eye or anything else. And always remember to replace the bottle cap after applying the drops.

If you find it difficult to do this yourself, ask a loved one to follow these steps and administer the eye drops for you. Special devices are also available to improve administration of eye drops. Talk to your doctor or pharmacist.

Please see accompanying full prescribing information.