

XALATAN TREATMENT TRACKER

Stay on Track with Your Eye Pressure Treatment

Xalatan[®]
(latanoprost ophthalmic solution) 0.005%

Get into the habit of applying your XALATAN eye drops at the same time every day

Start Date: _____	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's 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

Visit www.XALATAN.com
for more information

Important Safety Information and Indication

XALATAN is not recommended in patients with a known hypersensitivity to latanoprost, benzalkonium chloride, or any other ingredients in this product.

XALATAN may slowly cause darkening of the eye color, darkening of the eyelid and eyelashes, and increased growth and thickness of eyelashes. Color changes may increase as long as XALATAN is administered, and eye color changes are likely to be permanent.

Please click here for [Full Prescribing Information](#).

How to Administer Your XALATAN Eye Drops

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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



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 someone 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.

Important Safety Information and Indication (continued)

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

Xalatan contains benzalkonium chloride, which may be absorbed by contact lenses. Contact lenses should be removed prior to the administration of XALATAN. Contact lenses can be reinserted 15 minutes following administration of XALATAN.

If more than one topical eye medication is used, the drugs should be administered at least five minutes apart.

The most common side effects for XALATAN may include blurred vision, burning and stinging, eye redness, eye itching, the feeling of something in the eye, increased darkening of eye color, or irritation of the clear front surface of the eye.

Indication

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

XALATAN is available by prescription only in 50 mcg/mL.

You are encouraged to report adverse events related to VIATRIS[™] products by calling 1-800-423-1985 (US only). If you prefer, you may contact the US Food and Drug Administration (FDA) directly. Visit <http://www.fda.gov/MedWatch> or call 1-800-FDA-1088.

Please click here for [Full Prescribing Information](#).

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