

The TEVA logo is displayed in a white rectangular box in the top left corner. The letters are in a bold, sans-serif font with a thin black outline.

Counselling Checklist

The background of the page is a green-tinted photograph of several capsules. One capsule is in sharp focus in the foreground, while others are blurred in the background, creating a sense of depth. The overall color palette is a range of green tones.

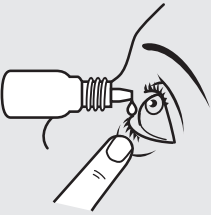
Directions for use of eyedrops and eye ointments



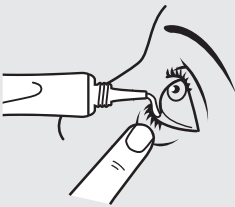
Refer to step 2



Refer to steps 3 and 4



Refer to step 4a



Refer to step 4b



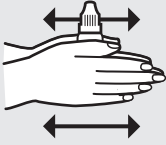
 Refer to step 5

1. Wash your hands thoroughly with soap and water.
2. If the medication is a suspension, shake the bottle before using it.
3. Tilt your head backwards slightly.
4. Keeping both eyes open, place a finger just under your eye, and gently pull down the lower eyelid of the affected eye to form a V-shaped pouch.
 - a. Drops: Hold the bottle almost horizontally and, while looking upward, place drop(s) into the pouch of your lower eyelid.

OR

- b. Ointment: Hold the tube horizontally and, while looking upward, squeeze about one centimetre of ointment into the pouch of your lower eyelid.
5. Gently close your eye for one to two minutes, and roll your eyeball in all directions.

Directions for use of eardrops



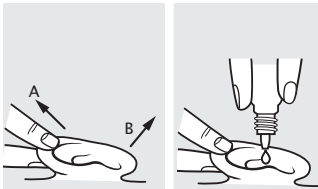
Refer to step 1



Refer to step 3



Refer to step 4



Refer to steps 5a, 5b



Refer to step 6



Refer to step 7

Refer to step 8

1. Warm the eardrops to body temperature by rolling the bottle in your hands in an upright position for a few minutes.
2. Wash your hands thoroughly with soap and water.
3. If the bottle is a suspension, shake the bottle before using it.
4. Tilt your head or lie on your side so that the affected ear is facing up.
5. a. For age three to adults: Gently pull the ear up and back.
OR
b. For children under three years: Gently pull the ear down and back.
6. While continuing to pull the ear, hold the dropper above the ear and place drop(s) into the ear.
7. Remain in the same position for at least two to five minutes.
8. Do not put a cotton ball or tissue paper in your ear after using eardrops.

Directions for use of nasal sprays



Refer to steps 1 and 2



Refer to step 3



Refer to step 4



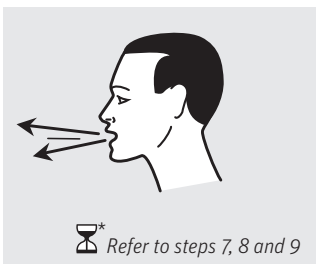
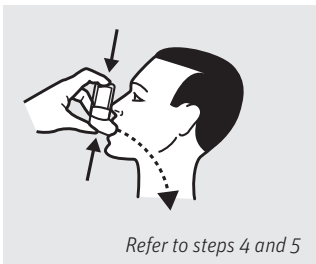
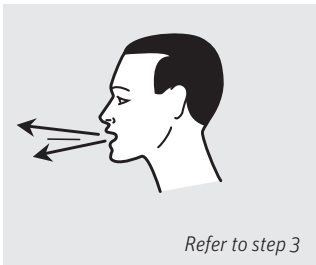
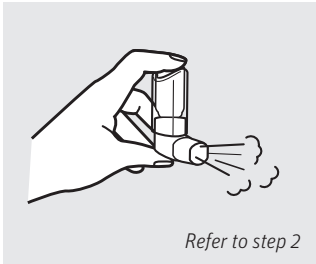
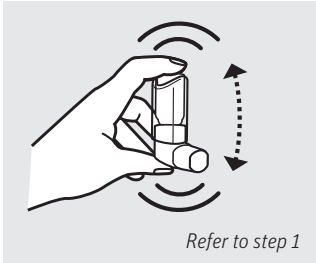
Refer to steps 5 and 6



* Refer to step 9

1. Hold the sprayer as shown.
2. Shake the sprayer and remove its cap.
3. Before using the sprayer for the first time, or if it has not been used for several days, prime it by spraying away from you a few times.
4. Gently blow your nose.
5. With your head upright and tilted forward slightly, press your finger against one side of your nose to close the nostril.
6. As you breathe in a normal fashion, spray the medication once into your open nostril.
7. Repeat steps 5 and 6 to the second nostril, if required.
8. If you are instructed to use two sprays into affected nostril(s), repeat steps 5 and 6 once again.
9. Wait at least 15 minutes after application before blowing your nose.

Directions for use of metered-dose inhalers

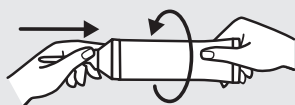


1. Shake the inhaler and remove cap.
2. Before using the inhaler for the first time, or if it has not been used for more than one week, prime it by spraying away from you a few times.
3. Exhale deeply.
4. Holding the inhaler upright (canister up), place the mouthpiece in your mouth or as directed and tilt your head back slightly.
5. As you take in a slow, deep breath through your mouth, press down on the inhaler at the same time to release one puff.
6. Continue breathing in as long as you can.
7. Hold your breath for about 10 seconds.
8. Exhale slowly away from the device.
9. If you have to inhale another puff of the same medication, wait about one minute between puffs, and then repeat steps 3 to 8.
10. Recap the device after use.

Directions for use of suppositories and rectal ointments



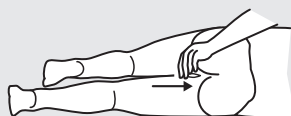
Refer to step 2a



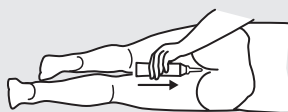
Refer to step 2b



Refer to step 3a



Refer to steps 4 and 5a

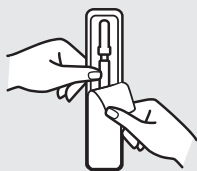


Refer to step 5b (i)

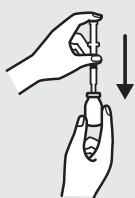
 Refer to step 6

1. Wash your hands with soap and water.
2. a. Suppository: Remove from its package.
OR
b. Rectal ointment: Pierce the tube with the opposite end of the cap.
For internal application: Attach the applicator to the opened tube.
3. a. Suppository: For easier insertion, place the suppository under cool tap water for a few seconds.
OR
b. Rectal ointment: For easier insertion of applicator, squeeze gently to allow some ointment to escape, and use it to lubricate the applicator.
4. Lie on your side with your lower leg straightened out, and bring your upper leg toward your stomach.
5. a. Suppository: Insert the suppository, pointed end first, about one inch into the rectum.
OR
b. Rectal ointments:
 - i. Internal application: Insert the applicator into the rectum and squeeze to release the medication.
 - ii. External application: Apply a thin layer of ointment around the anus.
6. Remain lying down for about 20 minutes after inserting the suppository.
7. Wash your hands with soap and water. If applicable, wash the applicator thoroughly, and recap the tube.

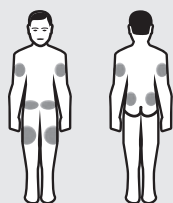
Directions for use of subcutaneous injections



Refer to step 3a



Refer to step 3b



Refer to step 4



Refer to step 5



Refer to step 6



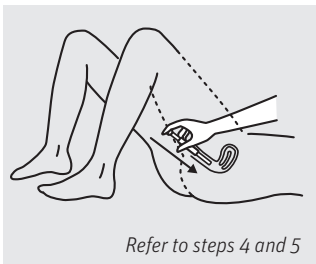
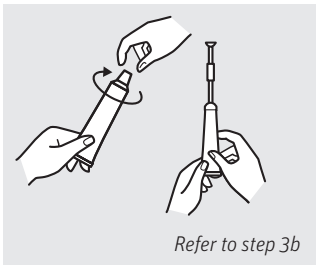
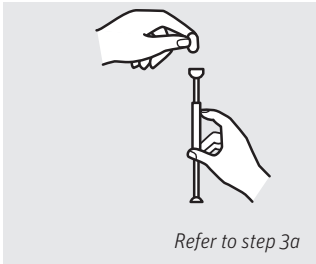
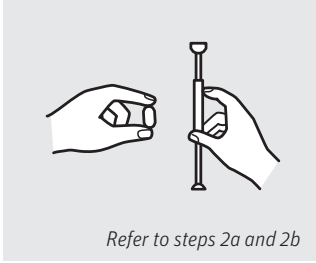
Refer to steps 7 and 8



Refer to step 12

1. Wash your hands thoroughly with soap and water.
2. Prepare everything you will need (syringe, needle, alcohol swab and drug).
3. a. Pre-filled syringe: Remove the pre-filled syringe from the blister packaging.
OR
b. Multi-dose vial: Withdraw the drug from the vial using the appropriate technique.
4. Choose one of the injection sites from the illustration, or as instructed.
5. Wipe the injection site with the alcohol swab and let dry.
6. Using your dominant hand, hold the syringe like a pencil between your thumb and middle finger.
7. Gently pinch the skin at the injection site using your thumb and forefinger in order to create a skin fold.
8. Insert the needle into the skin fold vertically at an angle, as instructed.
9. Prior to injection, verify to ensure that there is no blood, by pulling the plunger back a little.
10. Use your forefinger to press the plunger, and inject the entire dose slowly.
11. Pull the needle straight out from the injection site, and release the pinched skin.
12. Press a cotton swab on the injection site for five to 10 seconds.
13. Dispose of the syringe and needle into an approved container and in a safe manner.
14. For each subsequent injection, select a different injection site.

Directions for use of vaginal ovules, tablets and creams



1. Wash your hands with soap and water.
2. a. Ovules and tablets: Remove the ovule or tablet from the package.
OR
b. Cream: Remove the applicator from the package.
3. a. Ovules and tablets: Place the ovule or tablet in its applicator.
OR
b. Cream: Unscrew the tube cap and break its seal with the opposite end of the cap. Attach the applicator to the opened tube and squeeze the tube until the applicator is filled with the required amount. Remove the applicator from the tube and recap the tube.
4. Lie on your back with your knees bent, and insert the applicator into the vagina as far as comfort permits.
5. Push the applicator plunger as far as it will go, to release the ovule or tablet, or to eject the full amount of cream.
6. Remove the applicator from your vagina.
7. If applicable, clean the applicator with soap and hot water after each use.