What is in this leaflet

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1. WHAT GELTEARS IS AND WHAT IT IS USED FOR?

GelTears is a clear colourless liquid gel and contains a lubricant that is used as a substitute for
natural tears. Your eyes will normally produce just enough natural tears to allow them to move
easily and comfortably. If your eyes do not produce enough tears they can become dry and
irritated. It can also be used in patients who suffer from sore eyes because their tear film is
unstable. GelTears will help keep your eyes comfortable.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE GELTEARS

Do not use GelTears if you are allergic to any of the ingredients of this medicine (listed in
section 6).

Other medicines and GelTears

If GelTears is used at the same time with other eye drops/eye ointments, there should be an
application time interval of approximately 15 minutes between use of such other medications
and GelTears should always be the last medication to be applied.

Tell your doctor or pharmacist if you are taking, have recently or might take any other
medications.

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If you use more GelTears than you should it is very unlikely that you will suffer an
overdose, but if you suddenly feel unwell after using the gel, tell your doctor or eye specialist.

If you forget to use your medicine, use it as soon as you remember and then continue as
before.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side
effects not listed in this leaflet. See section 4.

Driving and using machines

As with all eye preparations, you may have blurred vision for a little while after putting the gel
in. Wait until your vision is clear before driving or using machines.

3. HOW TO USE GELTEARS

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has
told you. You must talk to a doctor if you do not feel better or if you feel worse.

Take special care with GelTears if you wear contact lenses. Contact lenses should be removed
during treatment with GelTears. And then wait for 15 minutes after application before putting
them back in.

Benzalkonium chloride is used as a preservative in GelTears, and is known to be absorbed by
soft contact lenses. Over time benzalkonium chloride can collect in soft contact lenses, and
therefore may cause irritation, or discolour the lenses. Therefore use of GelTears while using
soft contact lenses is not recommended. GelTears can, however, be used with daily disposable
lenses because a new pair is used each day.

Children and adolescents aged to 18 years

The safety and efficacy of GelTears in children and adolescents at the posology recommended in
adults has been established by clinical experience, but no clinical trial data are available.

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Pregnancy, breast-feeding and fertility

Do not use GelTears if you are pregnant, may be pregnant, or are breastfeeding. Ask your
doctor or pharmacist for advice.

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The amount of gel used should be enough to cover the eye properly. Follow these instructions
carefully.

1. Wash hands thoroughly.
2. Twist off the cap.
3. Look upwards and gently pull down the lower eyelid.
4. Hold the GelTears tube just above your eye and gently
   squeeze until some gel falls into the gap between your
   eyeball and lower eyelid.
5. Release the lower eyelid, and move your eye while open
   to ensure the gel covers the eye completely.
6. Repeat the process in the other eye if necessary.

If you experience any other undesirable effects whilst using this medicine, please talk to
your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them. Your
eyes may sting a little when the drops are put in. These effects will wear off within a few
minutes. Visual disturbance, blurred vision and irritation with prolonged use may occur. A few
reports of allergy have been received following use of GelTears eye gel. This is due to one of the
ingredients in the formulation. If you develop pain, swelling or redness in or around the eyes,
you should stop using your medicine and consult your doctor or pharmacist.

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  your doctor or pharmacist.
Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.
By reporting side effects, you can help provide more information on the safety of this medicine.

5. HOW TO STORE GELTEARS
• Keep all medicines out of the sight and reach of children.
• Do not store above 25°C.
• Store in the original package.
• Discard any remaining gel 28 days after first opening the tube. It may be helpful to make a written record on the tube of the date on which you opened it.
• Do not use after the expiry date printed on the carton or tube.
• Remember your medicine is for you. Do not give it to someone else.
• If your doctor tells you to stop taking the medicine, please take it back to the pharmacist for safe disposal. Only keep the medicine if your doctor tells you to.
• If the medicine becomes discoloured or shows any signs of deterioration, you should seek the advice of your pharmacist.

6. CONTENTS OF THE PACK AND OTHER INFORMATION
What GelTears contains
Your medicine is called GelTears. It contains 0.2% w/w carbomer 980 with benzalkonium chloride (0.01% w/w) as a preservative. The other ingredients are sorbitol, sodium hydroxide and purified water. Each tube contains 10g of liquid gel for use as a substitute for natural tears. This product is one of a group of medicines called Artificial Tears.
Each tube contains clear colourless gel.

What GelTears looks like and contents of the pack
Each tube contains 10g of eye gel.

Warning: This medicine contains benzalkonium chloride. If you wear soft contact lenses, it is known to be absorbed by soft contact lenses and therefore may cause irritation, or discoulour the lenses.

Manufacturer
Your medicine is manufactured by: Laboratoire Chauvin, Z.I. Ripotier Haut, 07200 Aubenas, France.
Procured from within the EU and repackaged by: Doncaster Pharmaceuticals Group Ltd., Kirk Sandall, Doncaster, DN3 1QR.
Product Licence holder: Landmark Pharma Ltd., 7 Regents Drive, Prudhoe, Northumberland, NE42 6PX.
PL No: 21828/0222

Further Information
GelTears is used for the symptomatic treatment of ‘dry eye’, which is a dehydration of the surface of the eye resulting from disturbances in tear secretion or tear quality. The dry eye condition can also be caused when it is not possible to close your eyelids either partly or completely.
This condition is so common that one in five patients who go to see an ophthalmologist suffers from a dry eye condition. There are many causes, such as reduced tear production in old age, air-conditioned rooms, computer work, hormonal changes during menopause, etc. Environmental and climatic effects can also play a role in the development of dry eye conditions.