



LOW-DOSE ATROPINE (RYJUNEA®) FOR MYOPIA CONTROL

What is myopia?

Myopia (short-sightedness) is a condition where distant objects appear blurred while close objects can be seen clearly. It occurs because the eye grows too long from front to back, causing light to focus in front of the retina instead of directly on it.

Myopia usually develops during childhood and may continue to progress until the late teenage years. Higher levels of myopia increase the lifetime risk of developing eye conditions such as:

- Retinal detachment
- Glaucoma
- Myopic macular degeneration
- Earlier cataract development

The aim of treatment is not to cure myopia, but to slow down how quickly it gets worse.

What is Ryjunea®?

Ryjunea® is a low-dose atropine eye drop (0.01%) that is used to slow the progression of myopia in children.

It is a licensed treatment for progressive childhood myopia and is usually prescribed as one drop in each eye every evening.

Clinical studies have shown that low-dose atropine can significantly reduce the rate at which myopia progresses in many children.

How does Ryjunea® work?

The exact way atropine works is not completely understood. It is thought to:

- Slow the excessive growth of the eyeball.
- Act on receptors within the retina and sclera (the white outer coat of the eye).
- Reduce the signals that drive myopia progression.

Unlike the stronger atropine drops used in the past, low-dose atropine has far fewer side effects while still providing benefit.

Who may benefit from treatment?

Ryjunea® may be recommended for children who:

- Have progressive myopia.



- Developed myopia at a young age.
- Have a strong family history of short-sightedness.
- Are becoming more short-sighted each year.

The decision to start treatment is individual and is based on your child's age, prescription changes and eye growth.

How should the drops be used?

- Instil one drop into each eye once every evening, unless advised otherwise.
- Wash your hands before using the drops.
- Avoid touching the bottle tip to the eye or eyelashes.
- If other eye drops are being used, leave at least 5 minutes between medications.

If a dose is missed, simply continue treatment the following evening. Do not use a double dose.

How long will treatment continue?

Myopia control is usually a long-term treatment.

Many children remain on low-dose atropine for two to three years or longer, depending on how their myopia progresses.

Regular follow-up appointments are important to monitor:

- Vision
- Glasses prescription
- Eye growth
- Response to treatment
- Any side effects

Treatment may be stopped when myopia becomes stable, often during the mid to late teenage years.

Possible side effects

Most children tolerate Ryjunea® very well.

Mild light sensitivity

The pupil may become slightly larger, making bright sunlight uncomfortable. Sunglasses may help if needed.

Mild difficulty with close work

Some children may notice slight blur when reading or performing prolonged near work. This is uncommon with low-dose atropine.

Temporary stinging or irritation

A brief stinging sensation when the drops are applied may occur.



Allergic reaction

Rarely, redness, itching or swelling of the eyelids can develop. If this occurs, stop the drops and contact your ophthalmologist.

When should I seek medical advice?

Please contact your ophthalmologist or seek urgent medical attention if your child develops:

- Severe eye pain.
- Significant redness of the eye.
- Sudden reduction in vision.
- Persistent sensitivity to light.
- Swelling around the eyes.
- Signs of an allergic reaction.

What else can help slow myopia progression?

Research suggests that healthy visual habits may also help.

Spend more time outdoors

Aim for around two hours of outdoor activity each day where practical.

Take regular breaks from close work

Follow the 20-20-20 rule:

Every 20 minutes, look at something at least 20 feet away for 20 seconds.

Maintain good reading habits

- Ensure good lighting.
- Keep an appropriate reading distance.
- Avoid prolonged continuous near work.

Frequently Asked Questions

Will the drops cure myopia?

No. The aim is to slow the rate at which myopia worsens.

Will my child still need glasses?

Yes. Glasses or contact lenses will still be required to correct vision.

Is treatment guaranteed to work?

No treatment works for every child, but studies show that low-dose atropine can significantly reduce the progression of myopia in many children.



Can treatment be combined with other myopia control methods?

Yes. In some cases, atropine may be combined with specialist spectacle lenses or contact lenses. Your ophthalmologist will advise whether this is appropriate.

Follow-up

Regular follow-up appointments are essential to ensure that treatment remains safe and effective.

At these visits we may assess:

- Visual acuity.
- Glasses prescription.
- Eye alignment.
- Eye growth measurements.
- Tolerance of treatment.

Key Points

- Ryjunea® is a low-dose atropine eye drop used to slow childhood myopia progression.
- One drop is usually used every evening.
- Most children experience few or no side effects.
- Regular monitoring is essential.
- Outdoor activity and healthy visual habits remain important alongside treatment.

This information sheet is intended as a guide and should not replace advice given by your ophthalmologist or orthoptist.

For further advice: Please contact your eye clinic or orthoptist if you have any concerns about treatment, side effects, or follow-up appointments.