

Replace cap after using. To avoid contaminating your solution, DO NOT transfer to other bottles or containers.

You should always use the recommended lens care routine. Failure to follow the recommended procedures may result in development of serious eye problems, as discussed in the "Warnings" section.

For safe contact lens wear, you should know and always practice your lens care routine:

Always use fresh lens care products before the expiration date.

Use the recommended system of lens care, chemical (not heat), and carefully follow instructions on lens care product labelling. Different products cannot always be used together, and not all products are safe for use with all lenses. Do not alternate or mix lens care systems unless indicated on the product labelling.

Always remove, rub, rinse and disinfect your lenses according to the schedule prescribed by your Eye Care Professional. The use of any cleaning solution does not substitute for disinfection.

Lenses prescribed on the reusable wear program should be thrown away after the recommended wearing period prescribed by your Eye Care Professional.

Depending on whether the lens material contains silicone, or silicone hydrogel, the wettability may differ when different lens care products are used. Your Eye Care Professional should recommend a care system that is appropriate for your contact lenses. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.

Note: Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle and follow the instructions. Never use solutions recommended for conventional hard contact lenses only.

Your contact lenses may be prescribed in certain eye conditions and diseases as a bandaged lens for the cornea to relieve discomfort and act as a protective bandage. Your Eye Care Professional will tell you if you have such a condition and may prescribe additional medications or replacement schedules for your individual condition. You should never self-treat any condition with a contact lens or eye medications without first being seen by your Eye Care Professional.

CLEANING

Always clean the same lens first to avoid mix-ups.

Follow the instructions provided in the cleaning solution labelling.

After cleaning, rinse the lens thoroughly with a recommended rinsing solution to remove the cleaning solution, mucus and film from the lens surface.

Put the lens into the correct chamber of the lens storage case.

Disinfecting (chemical – not heat)

After cleaning, disinfect lenses using the system recommended by your Eye Care Professional.

Follow the instructions provided in the disinfection product labelling or recommended by your Eye Care Professional.

When using hydrogen peroxide lens care systems, use ONLY the lens case provided with the hydrogen peroxide care system. This case is specially designed to neutralize the solution. Failure to use the specialized case will result in severe stinging, burning, and injury to the eye.

Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing, or follow the instructions on the disinfection solution labelling.

Do not heat the disinfection solution and lenses.

Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution that may be irritating to the eyes. A thorough rinse in fresh sterile saline (or another recommended solution) prior to placement on the eye should reduce the potential for irritation.

STORAGE

- To store your lenses, first disinfect them, and then leave them in the closed case until you are ready to wear them.

- ALWAYS keep your lenses completely covered by a recommended disinfecting solution when the lenses are not being worn. Extended periods of drying will make it harder for the lens to become wet again. If a lens does become dried out, discard it and replace with a fresh new lens.

- If you will not be wearing your lenses immediately following disinfection, you should ask your Eye Care Professional for information about storing your lenses. Always store worn lenses in the lens case and out of direct sunlight.

- Always empty and clean the contact lens case by rubbing with your finger and using fresh, sterile disinfecting solutions/contact lens cleaner. Cleaning should be followed by rinsing with fresh, sterile disinfecting solutions and wiping the lens case with a fresh, clean tissue. If air drying, be sure that no residual solution remains in the case before allowing it to air dry. Never use water, saline solution, or rewetting drops to disinfect the lenses. These solutions will not disinfect the lenses.

- Replace your lens case according to the directions given to you by your Eye Care Professional or the labeling that came with your case.

- Contact lens cases can be a source of bacterial growth.

WARNING: Do not store your lenses or rinse your lens case with water or any non-sterile solution. Only use fresh multi-purpose (contact lens disinfecting) solution each time you soak (store) your lenses so you do not contaminate your lenses or lens case. Use of non-sterile solution can lead to severe infection, vision loss, or blindness.

WARNING: Do not reuse or "top off" old solution left in your lens case since solution reuse reduces effective lens disinfection and could lead to severe infection, vision loss, or blindness. "Topping-Off" is the addition of fresh solution to solution that has been sitting in your case.

INSTRUCTIONS FOR THE PRESBYOPIC PATIENT

If your Eye Care Professional explains that you require monovision or multifocal correction you should take note of the following:

As with any contact lens correction, there can be a visual compromise.

In some cases, monovision and multifocal lenses can reduce visual acuity and depth perception for distance and near tasks. Some patients have difficulty adapting to this.

Symptoms such as mild blurring and variable vision may last for a period of time, as your eyes learn to adapt. The longer these symptoms persist, the poorer your chances for successful adaptation.

During this period, it is advisable to only wear these lenses in familiar situations that are not visually demanding. For example, until your eyes have adjusted, it would be wise to avoid driving.

Some patients may also need to wear spectacles over their lenses to provide the clearest vision for critical tasks.

In some cases, patients will never be fully comfortable functioning in poor light, when driving at night, for example. If this happens, you may be prescribed additional lenses so that both eyes can be corrected when sharper distance vision is required.

The decision to be fitted with monovision or multifocal lenses should always be made after careful consultation with an Eye Care Professional.

You should follow the advice you are given to help you adapt to monovision or multifocal lenses and you should always discuss fully any concerns or problems you may have during and after the adaptation period.

COSMETIC LENS

Cosmetically tinted contact lenses may let less light through than non-cosmetic lenses. Therefore, you may experience some visual symptoms while wearing them (i.e., seeing the lens pattern in your peripheral vision).

SAFETY CHECK

You should conduct a simple self-examination at least once a day.

Ask yourself:

- How do the lenses feel on my eyes?
- How do my eyes look?
- Do I continue to see well?

You should remove your lens immediately if you experience any of the following problems:

- Itching, burning or stinging of the eye.
- A feeling of something in your eye (foreign body, scratched area).
- Excessive watering, unusual eye secretions or redness.
- Blurred vision, rainbows or haloes around objects. Dry eyes may occur if your lenses are worn continuously or for too long.
- The lens feels less comfortable than it did when it was first inserted.
- Swelling or inflammation in, or around the eyes
- Eyelid problems
- Sensitivity to light (photophobia)
- Other eye problems

If the discomfort or problem stops when you take out the lens, you should examine it closely for damage, dirt or a foreign body. Discard the lens and insert a fresh one.

For lenses prescribed for frequent replacement, if the problem or discomfort stops and the lens appears undamaged, clean and rinse the lens with a recommended soft contact lens care solution and reinsert the lens. If after reinserting the lens, the problem continues, discard the lens and place a new fresh lens on the eye.

If the problem continues, remove the new lens and consult your Eye Care Professional immediately.

Any of the symptoms above can indicate a serious condition such as infection or corneal ulcer. Prompt diagnosis and treatment is essential to avoid serious damage to your eyes.

REMEMBER - SYMPTOMS ARE WARNING SIGNS. IF IN DOUBT, TAKE THEM OUT.

OTHER IMPORTANT INFORMATION

PRECAUTIONS

- Before leaving your Eye Care Professional, ensure that you are able to remove your lenses.
- Remove your lenses immediately if your eyes become red or irritated.
- Inform all doctors that you are a contact lens wearer.
- Always seek advice from your Eye Care Professional before using any eye drops.

- Do not change lens type (e.g. brand name, etc.) or parameters (e.g. diameter, base curve, lens power, etc.) without consulting your Eye Care Professional

- Always contact your Eye Care Professional before using any medicine in your eyes.
- Certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers and treatments for travel sickness may cause dryness of the eye, increased lens awareness or blurred vision. If you experience a problem, you should seek proper medical advice.

- Be aware that wearing a darkened lens on only one eye is not recommended because it may cause disturbances in your ability to accurately judge depth and the motion of objects. It may also create a cosmetic concern.

- Never wear the ACUVUE® OASYS with Transitions™ contact lenses as protection against artificial light sources, such as sun lamps, lasers, etc.
- Never stare directly at the sun or at an eclipse with or without ACUVUE® OASYS with Transitions™ contact lenses.

- Be aware that data is not available on the safety and performance of driving with the ACUVUE® OASYS with Transitions™ contact lenses for individuals age 50 and older who may have lens opacities (i.e. cataracts).

- If chemicals (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes: FLUSH EYES IMMEDIATELY WITH WATER. CONTACT YOUR EYE CARE PROFESSIONAL WITHOUT DELAY OR GO TO THE CASUALTY DEPARTMENT OF YOUR NEAREST HOSPITAL.**

- Those who use oral contraceptives could develop changes in vision or lens tolerance. Your Eye Care Professional will advise you about this problem.

- As with any contact lens, regular eye check-ups are essential to maintain healthy vision.

- Never allow anyone else to wear your lenses. They have been prescribed to fit your eyes and to correct your vision to the degree necessary. Sharing lenses greatly increases the chances of eye infections.

- For healthy, comfortable vision, it is important your ACUVUE® Brand Contact Lenses are worn only as prescribed by your Eye Care Professional. This includes following instructions for the wearing, and care of your lenses. Never wear your lenses beyond the amount of time recommended by your Eye Care Professional. This leaflet will act as a reminder of these instructions.

- Your Eye Care Professional should be kept fully informed about your medical history and will recommend a lens and care system specific to your needs.

- When the replacement period prescribed by your Eye Care Professional is over, your ACUVUE® Brand Contact Lenses should be discarded and replaced with a new sterile pair.

- Wearing Contact Lenses whilst swimming and participating in other

water sports should be avoided. Exposing contact lenses to water during swimming or while in a hot tub may increase the risk of eye infection from microorganisms.

- Avoid all harmful or irritating vapours and fumes whilst wearing lenses.
- Always inform your employer of being a contact lens wearer. Some jobs may require the use of eye protection equipment or may require that you do not wear contact lenses.
- If you have any questions, always ask your Eye Care Professional.

CONTRAINDICATIONS

When wearing contact lenses for vision correction, DO NOT USE these lenses when you have any of the following conditions:

- Inflammation or infection in or around the eye or eyelids
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids.
- Any previously diagnosed condition that makes contact lens wear uncomfortable
- Severe dry eye.
- Reduced corneal sensitivity (photophobia).
- Any systemic disease that may affect the eye or made worse by wearing contact lenses.

- Allergic reactions on the surface of the eye or surrounding tissues that may be induced or made worse by wearing contact lenses or use of contact lens solutions.

- Any active eye infection.
- If eyes become red or irritated.

- Irritation of the eye caused by allergic reactions to ingredients in contact lens solutions (i.e., cleaning and disinfecting solutions, rewetting drops, etc.). These solutions may contain chemicals or preservatives (such as mercury, Thimerosal, etc.) to which some people may develop an allergic response.

- For Bandage use, your Eye Care Professional may prescribe your contact lenses to aid the healing process of certain ocular conditions that may include those listed above.

SUMMARY OVERVIEW

As with all types of contact lenses, there are basic guidelines which must be followed to protect and enhance your sight.

- Always read the label.
- Always follow the instructions given to you for safe lens wear. Regular check-ups are important to maintain peak performance and healthy vision.
- High standards of hygiene are essential for safe lens wear.

- NEVER wear lenses for longer than the prescribed period.

- NEVER use tap water to rinse your lenses or lens case. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.

- Each sterile lens is supplied in a foil-sealed plastic package containing a borate buffered saline solution as specified in the multipack packaging.

- If you have a problem such as redness or irritation or blurred vision, IMMEDIATELY remove your lenses and contact your Eye Care Professional.

- Always have a pair of spectacles handy so you are not tempted to wear your lenses when you shouldn't. Whilst contact lenses may be your preferred eye-wear, spectacles are an essential back-up.

- Follow-up visits are necessary to assure the continuing health of your eyes. Ask your Eye Care Professional about the recommended follow-up schedule.

When prescribed for daily wear, do not sleep in your lenses. Remove them every night unless advised by your Eye Care Professional. Insert only sterile lenses in your eye.

For reusable contact lenses (ACUVUE® OASYS® with *HYDRACLEAR® Plus*, ACUVUE® OASYS® for *ASTIGMATISM*, ACUVUE® VITA™, ACUVUE® VITA™ for *ASTIGMATISM* and ACUVUE® OASYS® MULTIFOCAL with PUPIL OPTIMISED DESIGN) cleaning, rinsing and disinfecting are essential each time the lens is removed and reinserted.

For reusable contact lenses (ACUVUE® OASYS® with *HYDRACLEAR® Plus*, ACUVUE® OASYS® for *ASTIGMATISM*, ACUVUE® VITA™, ACUVUE® VITA™ for *ASTIGMATISM* and ACUVUE® OASYS® with Transitions™ Light Intelligent Technology™ and ACUVUE® OASYS® MULTIFOCAL with PUPIL OPTIMISED DESIGN) never reuse the solution in your lens case. Use fresh solution each time the lenses are removed.

For maximum benefit and performance, it is vital that you recognise how important it is to follow these guidelines.

You should only wear your lenses according to the advice given to you by your Eye Care Professional and that contained in this booklet. Use only as directed.

ADVERSE REACTIONS

Any adverse reactions experienced whilst wearing ACUVUE® Brand Contact Lenses should be reported to your Eye Care Professional.

During therapeutic use, an adverse effect may be due to the original disease or injury may be due to the effects of wearing a contact lens. There is a possibility that the existing disease or condition might become worse when a soft contact lens for therapeutic use is used to treat an already diseased injured eye. To avoid serious eye damage, you should contact your Eye Care Professional IMMEDIATELY if there is an increase in symptoms while wearing the lens.

Do NOT use a new lens as a self-treatment for the problem.

ACUVUE®

BRAND CONTACT LENSES

PATIENT INSTRUCTION GUIDE

DAILY DISPOSABLE AND FREQUENT REPLACEMENT CONTACT LENSES



DAILY DISPOSABLE LENSES

*1-DAY ACUVUE® MOIST etafilcon A**

*1-DAY ACUVUE® MOIST for ASTIGMATISM etafilcon A**

*1-DAY ACUVUE® TruEye® naraflcon A***

*1-DAY ACUVUE® DEFINE® with LACREON® etafilcon A**

*1-DAY ACUVUE® MOIST Multifocal etafilcon A**

*ACUVUE® OASYS® 1-DAY with HYDRALUXE™ senofilcon A***

*ACUVUE® OASYS® 1-DAY with HYDRALUXE™ for ASTIGMATISM senofilcon A***

FREQUENT REPLACEMENT LENSES

*ACUVUE OASYS® with HYDRACLEAR® Plus senofilcon A***

*ACUVUE OASYS® for ASTIGMATISM senofilcon A***

*ACUVUE® VITA™ senofilcon C***

*ACUVUE® VITA™ for ASTIGMATISM senofilcon C***

*ACUVUE OASYS® with Transitions™ Light Intelligent Technology™ senofilcon A***

*ACUVUE® OASYS® MULTIFOCAL with PUPIL OPTIMISED DESIGN senofilcon A***

**Borate buffered saline solution with povidone*

***Borate buffered saline solution with methyl ether cellulose*

