

ACUVUE®

BRAND CONTACT LENSES

PATIENT INSTRUCTION GUIDE

DAILY DISPOSABLE AND FREQUENT
REPLACEMENT CONTACT LENSES



DAILY DISPOSABLE LENSES

1-DAY ACUVUE® for ASTIGMATISM

1-DAY ACUVUE® MOIST®

1-DAY ACUVUE® MOIST® for ASTIGMATISM

1-DAY ACUVUE® TruEye®

1-DAY ACUVUE® DEFINE®

FREQUENT REPLACEMENT LENSES

ACUVUE® OASYS® with *HYDRACLEAR® Plus*

ACUVUE® OASYS® for *ASTIGMATISM*

ACUVUE® 2

ACUVUE® BIFOCAL












ACUVUE® Brand Contact Lenses.

Comfortable, convenient.

Congratulations on choosing ACUVUE® Brand Contact Lenses.

The information and instructions contained in this leaflet apply only to the ACUVUE® brand contact lenses listed on the front cover.

The symbols key provides an explanation of symbols that may appear on the lens packaging.

SYMBOL	DEFINITION	SYMBOL	DEFINITION
	See Instruction Leaflet		Quality System Certification Symbol
	Use By Date (Expiry Date)		UV Blocking
	Batch Code		Fee Paid for Waste Management
	Sterile Using Steam or Dry Heat		Peel Back Foil
DIA	Diameter		Caution: By law, this device must be prescribed by a licensed practitioner or dispenser
CT	Centre Thickness		
BC	Base Curve		
CYL	Cylinder Power		
Axis	Axis		
D	Dioptre (lens power)		
	Visibility Tint: Lens Orientation Correct		Visibility Tint: Lens Inside Out

ACUVUE® Brand Contact Lenses are soft, thin and flexible. This makes them comfortable to wear, and allows oxygen to pass to your eyes helping them to stay refreshed and healthy. They also offer protection from ultraviolet (UV) radiation*.

For easier handling, ACUVUE® Brand Contact Lenses have a visibility tint and include an inside out indicator.

ACUVUE® Brand Contact Lenses are designed for daily wear, single-use or reusable wear as indicated by your Eye Care Professional.

For your eye health it is important that your contact lenses be worn only as prescribed by your Eye Care Professional. He or she should be kept fully aware of your medical history and will give you a total program of care based on your specific needs. He or she will review with you all instructions

for lens handling and care, including how to safely and easily open the packaging. You will also be taught how to properly insert and remove lenses. This booklet will reinforce those instructions.

If you have any questions, always ask your Eye Care Professional.

As with any contact lens, ACUVUE® Brand Contact Lenses are medical devices. The ongoing support of your Eye Care Professional for regular eye checks is essential to the long term protection of your health and vision.

Always follow the wear schedule as recommended by your Eye Care Professional.

*WARNING: UV-absorbing contact lenses are NOT substitutes for protective UV-absorbing eyewear such as UV-absorbing goggles or sunglasses because they do not completely cover the eye and surrounding area. You should continue to use UV-absorbing eyewear as directed.

WARNINGS

What you should know about contact lens wear

It is essential that you follow your Eye Care Professional's directions for the proper use and care of contact lenses. Problems with contact lenses could result in serious injury to the eye.

On rare occasions, eye problems including corneal ulcers have developed which may lead to loss of vision. The results of a study¹ indicate the following:

The overall annual incidence of ulcerative keratitis (corneal ulcer) in those who wear contact lenses for daily wear is estimated to be about 4.1 in 10,000 and about 20.9 in 10,000 for those who use them for extended wear.

The risk of ulcerative keratitis is 4 to 5 times greater for extended wear contact lens users than for daily wear users.

When daily wear users who wear their lenses overnight and extended wear users who wear their lenses on a daily wear basis are excluded from the comparison, the risk among extended wear users is 10 to 15 times greater.

The risk among extended wear lens users increases with the number of consecutive days that lenses are worn between removals, beginning with the first overnight use. The risk of ulcerative keratitis among contact lens wearers who smoke is estimate to be 3 to 8 times great than for non-smokers.

The overall risk of ulcerative keratitis may be reduced by carefully following directions for good hygiene and lens care, including cleaning the lens case.

1. New England Journal of Medicine, September 21, 1989; 321 (12).pp 773-783

A CLEAN ROUTINE

Preparing the lens for insertion.

Cleanliness is the first and most important aspect of proper contact lens care.

Establish a routine of good hygiene for handling your lenses.

- Always wash your hands thoroughly with a mild soap, rinse carefully and dry with a lint-free towel before touching your lenses.
- Do not use oily cosmetics, soaps containing cold cream, lotions or creams before handling your lenses. It is best to insert your lenses before putting on make-up. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Keep your eyes closed when using hairspray or other aerosols.
- Seek professional advice about wearing lenses during sporting activities including swimming and other water sports.
- Always follow the instructions in this booklet and any advice given to you by your Eye Care Professional for the correct handling, insertion, removal, cleaning, disinfecting, storing and use of your lenses.
- Never wear lenses longer than the period prescribed.

THE LENS PACKAGING

To open the box, pull the front flap upwards. Inside are lenses in individual sterile packages. Tuck in the flap to close. DO NOT use if the sterile blister package is opened or damaged.

To open an individual lens package, follow these simple steps:

1. First separate one lens from the strip of five lens packages. Be careful not to break the seal or any of the other lens packages.
2. Shake the package to allow the lens to float free in the solution.
3. Pull back the foil. Occasionally, a lens may stick to the package itself. This will not affect the sterility of the lens, which is still perfectly safe to use.
4. Handle the lens carefully with your fingertips and be careful to avoid damage with your fingernails. It helps to keep these smooth and short.
5. Carefully remove the lens by sliding it up the side of the container. Never use tweezers or other tools.



INSERTING YOUR LENSES

- To avoid mix-ups, develop the habit of always inserting the first lens in your right eye.
- Before inserting the lens, check to see it is free of any nicks or tears. If it appears damaged, throw it away and use the next lens.
- Check the lens has not turned inside out, by following either of the following procedures:
 1. Place the lens on the tip of your index finger and check its profile. The lens should assume a natural, curved, bowl-like shape. If the lens edges appear to point outward, the lens is inside out.
 2. Place the lens on the tip of your index finger and, looking up at the lens, locate the numbers 123. 1-2-3 indicates correct orientation, while a reverse of 1-2-3 indicates the lens is inside out.



If the lens is inside out, invert the lens and check again to confirm correct lens orientation.

Note: These numbers are not on ACUVUE® OASYS® for *ASTIGMATISM*, *1•DAY* ACUVUE® for *ASTIGMATISM* or *1•DAY* ACUVUE® MOIST® for *ASTIGMATISM*.

TIPS FOR EASY HANDLING

ACUVUE® Brand Contact Lenses are easier to handle if allowed to dry a little; place the lens onto a dry finger and allow the lens to stand for 5-10 seconds.

For Reusable contact lenses only:

If you need to rinse the lens before you insert it, use only sterile rinsing solution as recommended by your optometrist.

PLACING THE LENS ON THE EYE

1. Remember to start with your right eye. Examine the lens to ensure it's not inside out.
2. Place the middle finger of the same hand close to your eyes and put the lens on the tip of your forefinger. Lower eyelashes and pull down the lower lid.
3. Use the forefinger or middle finger of the other hand to lift the upper lid and place the lens on the eye.
4. Gently release both lids and blink.
5. Repeat these steps for the left lens.



There are other methods of lens placement. If the above method is difficult for you, your Eye Care Professional can provide an alternative.

CENTERING THE LENS

Usually, the lens centres itself automatically on the middle of your eye when you insert it, and will very rarely be displaced onto the white of your eye during wear. However, this can occur if insertion and removal are not performed properly.

To centre a lens, follow either of these methods:

- Close your eyelids and gently massage the lens into place through the closed lid.

Or:

- Gently manipulate the off-centred lens onto the middle of your eye while the eye is open, using finger pressure on the edge of the upper or lower lid.

NOTE:

If your vision is blurred after inserting the lens, check for the following:

- The lens may not be centred on the eye. Check the instructions above.
- If the lens is in the correct position, remove it and look for the following:
 - a. Cosmetics or oils on the lens. Dispose of the lens and insert a fresh one.
 - b. The lens may be on the wrong eye.
 - c. The lens may be inside out, which would also make it less comfortable than normal.

CARE FOR A STICKING (NON-MOVING) LENS

If a lens sticks on your eye, you may be prescribed a lubricating or wetting solution by your Eye Care Professional. In this way you can wet your lenses while you are wearing them, to make them more comfortable.

Just apply a few drops and wait until the lens begins to move freely on the eye. If this does not solve the problem, consult your Eye Care Professional IMMEDIATELY.

REMOVING YOUR LENSES

- Always remove the same lens first.
- Wash, rinse and dry your hands thoroughly and follow the same rules for hygiene as already described in 'A clean routine'.

CAUTION:

Always ensure that the lens is on the middle of your eye before attempting to remove it.

You can determine this by covering the other eye and, if vision is blurred,

the lens is either on the white of the eye or it is not on the eye at all. To locate the lens, inspect the upper area of the eye by looking down into a mirror while pulling the upper lid up.

Then inspect the lower area by pulling the lower lid down.

Once you have found the lens, you can remove it by using the Pinch Method or any other method recommended by your Eye Care Professional.

THE PINCH METHOD

1. Look up, slide the lens down to the white of your eye using your forefinger.
2. Gently pinch the lens between your thumb and forefinger and remove the lens.



CARING FOR YOUR LENSES

Basic Lens Care Instructions

Failure to follow the correct lens care regime may result in the development of serious eye problems, as described in the section entitled "What you should know about contact lens wear".

In the event of running out of lenses:

It is important to make sure you always have an adequate supply of replacement lenses.

To avoid running out you will need to allow time to order and collect your replacement lenses from your Eye Care Professional.

If you run out of lenses for any reason you should wear your glasses.

If you require only vision correction, but will not or cannot always use the recommended care routine for your lenses, or are unable to put on and remove your lenses, you should not wear contact lenses.

When you first get your lenses, be sure to put the lenses on and remove them while you are in your Eye Care Professional's office.

Always wash, rinse and dry your hands before handling contact lenses.

Do not use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.

Never rinse your lenses in water from the tap. There are two reasons for this:

Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.

You might lose your lens down the drain.

For daily wear, single-use lenses:

Remember, there is no cleaning or disinfection needed with your contact lenses if they are prescribed for daily wear. Always dispose of lenses when they are removed and have replacement lenses or glasses available. Lenses should only be cleaned, rinsed and disinfected on an emergency basis when replacement lenses or glasses are not available. For EMERGENCY LENS CARE ONLY, refer to the instructions below for cleaning, rinsing, and disinfecting your lenses.

Your Eye Care Professional may recommend a lubricating/rewetting solution for your use. Lubricating/rewetting solutions can be used to wet (lubricate) your lenses while you are wearing them.

For Reusable wear:

When you first get your lenses, you will be given a recommended cleaning and disinfection routine and instructions and warnings for lens care, handling, cleaning and disinfection. Your Eye Care Professional should teach you about appropriate and adequate procedures and products for your use.

When you remove your lenses between replacement periods, the lenses must be cleaned and disinfected before you put them back on your eyes, or you should throw them away and replace them with fresh lenses.

For continued safe and comfortable wearing of your lenses, it is important that you first clean and rinse, then disinfect, (and neutralise [for hydrogen peroxide systems]) your lenses after each removal, using the lens care products and procedures recommended by your Eye Care Professional. Cleaning and rinsing are necessary to remove mucus, secretions, films or deposits that may have built up on your lenses during wearing. The ideal time to clean your lenses is immediately after removing them. Disinfecting is necessary to destroy harmful germs.

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, clean, 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.

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, lenses must be neutralised before wearing. Follow the recommendations on the hydrogen peroxide system labelling.

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.

INSTRUCTIONS FOR MONOVISION CORRECTION

If your Eye Care Professional explains that you required monovision or bifocals you should take note of the following:

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

In some cases, monovision 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 briefly or for several weeks, 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 bifocals 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 monivision or bifocals and you should always discuss fully any concerns or problems you may have during and after the adaptation period.

SAFETY CHECK

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

1. How do the lenses feel on my eyes?
2. How do my eyes look?
3. 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.
- 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.

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.

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 your doctor that you are a contact lens wearer.
- Always seek advice from your Eye Care Professional before using any eye drops.
- Certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquillisers 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.
- **If chemicals are splashed into your eyes: FLUSH EYES IMMEDIATELY WITH TAP 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. This booklet 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.
- Ask your Eye Care Professional about wearing contact lenses during swimming and other water sports. 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.

SUMMARY OVERVIEW

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

- 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.
- 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.

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® 2 and ACUVUE® BIFOCAL)

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