DAILY WEAR
DAILY DISPOSABLE

PATIENT INSTRUCTION GUIDE

ACUVUE®
BRAND CONTACT LENSES

CE
0086

This patient instruction guide refers to the following ACUVUE® Brand Contact Lenses which are individually listed in **Table 1** below

Table 1	Intended use and wear schedule		
Lens type and Brand name	Daily Wear – Daily Disposable	Inside-out indicator	Packaging Solution
Daily Disposable ACUVUE® Brand Spherical Contact Lenses – Visibility Tinted with UV-Blocker			
1-DAY ACUVUE® Brand Contact Lenses	●	O.K.	1
1-DAY ACUVUE® MOIST Brand Contact Lenses with LACREON® Technology	●	O.K.	3
1-DAY ACUVUE® DEFINE® Brand Contact Lenses	●		3
1-DAY ACUVUE® DEFINE® Brand Contact Lenses with LACREON®	●		3
ACUVUE OASYS® Brand Contact Lenses with HydraLuxe™ 4	●	O.K.	2
Daily Disposable ACUVUE® Brand Contact Lenses for ASTIGMATISM – Visibility Tinted with UV-Blocker			
1-DAY ACUVUE® MOIST Brand Contact Lenses for ASTIGMATISM	●		3
1 -DAY ACUVUE® Brand Contact Lenses for ASTIGMATISM	●		1
ACUVUE OASYS® Brand Contact Lenses with HydraLuxe™ for ASTIGMATISM 4	●		2
Daily Disposable ACUVUE® Brand Contact Lenses for PRESBYOPIA – Visibility Tinted with UV-Blocker			
1-DAY ACUVUE® MOIST Brand MULTIFOCAL Contact Lenses	●	O.K.	3

Packaging solution

1. Buffered saline.
2. Buffered saline with methyl ether cellulose.
3. Buffered saline with povidone.

Material content

4. Lens material contains silicone and meets Class 1 UV-absorbing standards with transmissibility of less than 1% UVB (280-315 nm) and UVA (10% 316-380 nm) radiation. All other ACUVUE® products meet Class 2 UV-absorbing standards with transmissibility of less than 5% UVB and 50% UVA radiation.

The following symbols may appear on the labels or cartons of your ACUVUE® Brand Contact Lenses.

Symbol	Definition
	Consult Instruction Leaflet
	Manufacted by or in
	Date of manufacture
	Use by date (expiration date)
LOT	Batch code
STERILE	Sterile using steam or dry heat
	Do Not Re-Use (Single Use)
DIA	Diameter
BC	Base curve
D	Dioptre (lens power)
CYL	Cylinder power
AXIS	Axis
MAX ADD	Highest near addition that can be corrected
LOW	"Low" near ADD (0.75+ to 1.25+ ADD)

Symbol	Definition
MID	"Mid" near ADD (1.50+ to 1.75+ ADD)
HGH	"High" near ADD (2.00+ to 2.50+ ADD)
SH	NATURAL SHIMMER™
SP	NATURAL SPARKLE™
V	VIVID STYLE
A	ACCENT STYLE
N	NATURAL SHINE™
CE 0086	Quality System Certification Symbol with NB number
UV BLOCKING UV Blocking	UV-blocking
	Fee paid for waste management
Rx Only	CAUTION: US federal law restricts this device to sale by or on the order of a licensed practitioner
O.K.	Lens orientation correct
X	Lens orientation incorrect (lens inside out)
	"Identification mark" for paper containers and wrapping
HEB / PVP	"Identification mark" for composite materials

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Introduction

Congratulations on joining thousands of others around the world who enjoy the comfort and convenience of ACUVUE® Brand Contact Lenses from Johnson & Johnson Vision Care Companies, the world's leading contact lens manufacturer.

ACUVUE® Brand Contact Lenses are soft, thin and flexible. This makes them comfortable right from the start and allows oxygen to pass to your eyes helping them to stay refreshed and healthy. They also have UV-blocking to help provide protection against transmission of harmful UV radiation to the eye.

It took a breakthrough in manufacturing technology to create a lens of the quality of ACUVUE® Brand Contact Lenses yet of low enough cost to be able to replace lenses daily.

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. When used as Daily Disposables, there is no need to use cleaning and disinfection solutions.

Put in a fresh new pair every morning, throw them away every night.

Intended use

Daily Disposable ACUVUE® Spherical Brand Contact Lenses are intended for Daily Wear for the optical correction of refractive error, myopia (short-sightedness) and hyperopia (long-sightedness) in persons with healthy eyes that may have 1.00D or less of astigmatism.

Daily Disposable ACUVUE® Brand Contact Lenses for ASTIGMATISM are intended for Daily Wear and for the optical correction of refractive error, myopia (short-sightedness) and hyperopia (long-sightedness) in persons with healthy eyes that may have astigmatism.

Daily Disposable ACUVUE® Brand Contact Lenses contain a UV-blocker to help provide protection against transmission of harmful UV radiation to the cornea and into the eye.

Daily Disposable ACUVUE® Brand Contact Lenses for PRESBYOPIA are intended for Daily Wear for the optical correction of distance and near vision in presbyopic persons with healthy eyes who have 0.75D or less of astigmatism.

WARNING: All ACUVUE® Brand Contact Lenses have UV-blocking to help provide protection against transmission of harmful UV radiation to the cornea and into the eye. 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 by your Eye Care Professional.

Note:
Long term exposure to UV radiation is one of the risk factors associated with cataracts. Exposure is based on a number of factors such as environmental conditions (altitude, geography, cloud cover) and personal factors (extent and nature of outdoor activities). UV-blocking contact lenses help provide protection against harmful UV radiation.

However, clinical studies have not been done to demonstrate that wearing UV-blocking contact lenses reduces the risk of developing cataracts or other eye disorders. Consult your Eye Care Professional for more information.

Wear schedule

Your Eye Care Professional should determine the appropriate wear schedule based upon your history and ocular examination.

Daily Wear – Daily Disposable
All Daily Disposable ACUVUE® Brand Contact Lenses prescribed for Daily Wear – Daily Disposable (less than 24 hours, while awake) are intended to be worn once on a daily disposable basis and are to be discarded upon removal.

1-DAY ACUVUE® TruEye® Brand Contact Lenses have not been developed for use with contact lens cleaners or disinfection systems. Lenses should be discarded after use. Start each wearing period with a fresh new lens.

Contra-indications

Do not use ACUVUE® Brand Daily Disposable Contact 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 corneas, conjunctiva or eyelids.
- Any previously diagnosed condition that makes contact lens wear uncomfortable.
- Severe dry eye.
- Reduced corneal sensitivity (corneal hypoesthesia).
- Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses.

- Allergic reactions of ocular surfaces or surrounding tissues that may be induced or exaggerated by wearing or use of contact lens solutions.
- Allergy to any ingredient, such as mercury or Thimerosal, in a solution which is to be used to care for your contact lenses.
- Any active corneal infection (bacterial, fungal, protozoal or viral).
- If eyes become red or irritated.

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 of your contact lenses. You are advised of the following warnings pertaining to contact lens wear:

- ACUVUE® Brand Daily Disposable Contact Lenses are prescribed for daily wear and are for single use. Studies have shown that daily disposable soft contact lens wear reduces the risk of some complications including discomfort and inflammation that are associated with lens care and handling, and reuse can put you at greater risk of these problems.
- Problems with contact lenses or lens care products could result in serious injury to the eye. You should be cautioned that proper use and care of contact lenses and lens care products, including lens cases, are essential for the safe use of these products†.
- Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision.
- Studies have shown that the risk of ulcerative keratitis is greater for extended wear contact lens users than for daily wear users.
- When daily wear users wear their lenses overnight (outside the approved indication), the risk of ulcerative keratitis is greater than among those who do not wear them overnight.
- The overall risk of ulcerative keratitis may be reduced by carefully following directions for lens care, including cleaning the lens case.
- Studies have shown that the risk of ulcerative keratitis among contact lens users who smoke is greater than among non-smokers.
- If you experience eye discomfort, excessive tearing, vision changes, redness of the eye or other problems, you should immediately remove your lenses and promptly contact your Eye Care Professional.
- It is recommended that you see your Eye Care Professional routinely as directed.
- Do not expose contact lenses to water during swimming, other water sports or bathing as this could increase the risk of serious eye infection from microorganisms which could lead to vision loss. If lenses have been submersed in water, the patient should discard and replace them with a new pair. The Eye Care Professional should be consulted for recommendations regarding wearing lenses during any activity involving water.

Adverse reactions

Be aware that the following problems may occur when wearing contact lenses:

- Your eyes may burn, sting and/or itch.
- There may be less comfort than when the lens was first placed on the eye.
- There may be a feeling of something in your eye.
- There may be the potential for some temporary harm due to peripheral infiltrates, peripheral corneal ulcers and corneal erosion. There may be the potential for other physiological observations, such as local or generalised oedema, corneal neovascularisation, corneal staining, injection, tarsal abnormalities, iritis and conjunctivitis, some of which are clinically acceptable in low amounts.

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

• There may be excessive watering, unusual eye secretions or redness of your eye

• Poor vision, blurred vision, rainbows or halos around objects, sensitivity to light (photophobia) or dry eyes may also occur if your lenses are worn continuously or for too long a time.

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, corneal ulcer, neovascularisation or iritis. Prompt diagnosis and treatment is essential to avoid serious damage to your eyes.

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

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.

• Always follow the instructions in this booklet and any advice given to you by your Eye Care Professional for the correct handling, insertion, removal and use of your lenses.

• Never wear lenses longer than the period prescribed.

The lens packaging

To open the box, locate the opening flap on the front and pull up to break the seal.

Each lens is in its own package, designed specifically to maintain sterility. To close the box for storage, just tuck in the flap.

Each lens is provided in sterile individual blister packs, with the lens immersed in a sterile packaging solution.

DO NOT USE if the sterile blister package is opened, damaged or after the expiry date shown .

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

1. First separate one lens from the strip of lenses. Be careful not to break the seal on any of the other lens packages.
2. Shake the package to allow the lens to float free in the solution.
3. Peel back the foil. Occasionally, a lens may stick to the inside of the foil or to the package itself. This will not affect the sterility of the lens, which is still perfectly safe to use.
4. Handle your lenses carefully with your fingertips and be careful to avoid damage with your fingernails. It is helpful 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.

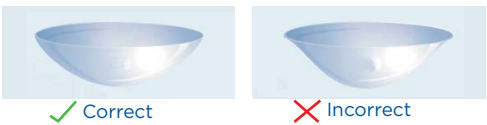
Inserting your lenses

To avoid mix-ups, develop the habit of always inserting the first lens in your right eye.

Before inserting the lens, check to see that it is free of any nicks or tears. If it appears damaged, throw it away and use the next lens.

Check that the lens has not turned inside out.

Place the lens on the tip of your forefinger and check its profile. The lens should assume a natural, curved, bowl-like shape. If the lens edges tend to point outward, the lens is inside out. Another method is to gently squeeze the lens between the thumb and forefinger. The edges should turn inward. If the lens is inside out, the edges will turn slightly outward.



Or

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 (reverse 1-2-3), invert the lens and locate the numbers again to confirm correct lens orientation.

Please refer to **Table 1** for the products which have the 123 inside-out indicator.

Note:
If you need to rinse the lens before you insert it into your eye, use only fresh, sterile rinsing solution, as recommended by your Eye Care Professional.

NEVER USE TAP WATER.

Placing the lens on the eye

1. Remember to start with your right eye. Once the lens has been examined and you are sure it is not inside out, place it on the tip of your forefinger.
2. Place the middle finger of the same hand close to your 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.

Centring 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:

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

Or

b. Gently manipulate the off-centred lens onto the middle of your eye while the eye is opened, 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:

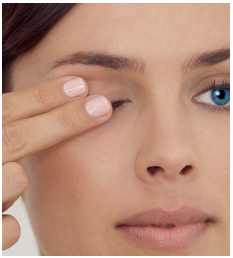
- The lens may not be centred on the eye. Check the instructions above.
- If the lens is in the correct position, remove it and look for the following:

    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.**

Care for a dried out (dehydrated) lens

If any ACUVUE® Brand Contact Lens is off the eye and exposed to air for a prolonged period, its surface may become dry and gradually become brittle. If this should occur, discard the lens and use a new one.

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 and 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.

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.

As ACUVUE® Brand Contact Lenses are recommended for Daily Disposable use only, lens care products (other than rinsing or re-wetting solutions) are not required when used in this way.

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

Although ACUVUE® Brand Contact Lenses are your preferred vision correction, spectacles are an essential back-up for all contact lens wearers.

Instructions for the Presbyopic Patient (Monovision and Multifocal)

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

As with any type of lens correction, there may 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 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 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.

Other important information

Precautions

- Before leaving your Eye Care Professional, ensure that you are able to remove your lenses.
- **DO NOT** touch your contact lenses with your fingers or hands if they are not completely clean because tiny lens scratches may occur, causing unclear vision and/or injury to your eye.
- Always handle lenses carefully and avoid dropping them.
- 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 eye 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 that ACUVUE® Brand Contact Lenses are worn only as prescribed by your Eye Care Professional. These lenses are recommended for Daily Wear Daily Disposable use only. After wear, lenses should be discarded. 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.
- 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** sleep in your lenses - remove them every night.
- Only a new, sterile lens should be inserted into your eye.
- **NEVER** use tap water to rinse your lenses.
- **NEVER** wear lenses for longer than the prescribed period.
- If you experience a problem such as red/irritated eye or blurred vision, **IMMEDIATELY** remove your lenses and contact your Eye Care Professional.
- Always have a pair of spectacles available so that you are not tempted to wear your lenses when they should be removed. Whilst contact lenses may be your preferred correction, spectacles are an essential back-up.

As a wearer of ACUVUE® Brand Contact Lenses, you will soon recognise the advantages over spectacles or other contact lenses.

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 after following the advice given to you by your Eye Care Professional and that contained in this booklet.

Reporting adverse reactions

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

Your prescription

ACUVUE® Brand Contact Lenses.

Right lens:
Power and base curve (cylinder and axis if relevant)

Left lens:
Power and base curve (cylinder and axis if relevant)

YOU HAVE BEEN PRESCRIBED ACUVUE® BRAND CONTACT LENSES FOR DAILY WEAR, DAILY DISPOSABLE USE ONLY.

Should you have any queries or concerns, call your Eye Care Professional.

Address and telephone number of your Eye Care Professional:

Regular visits to your Eye Care Professional are important for clear and healthy eyes.

Follow-up visits:

1		2		3	
4		5		6	

Manufactured by:

Please refer to carton for site of manufacture.

USA

Johnson & Johnson Vision Care Inc.
7500 Centurion Parkway
Jacksonville
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IRELAND

Johnson & Johnson Vision Care (Ireland)
The National Technology Park
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EU Authorised Representative

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IN000235

Daily Wear & Daily Disposable
PIG (English)
IN000235

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