



Including 1-DAY ACUVUE®, 1-DAY ACUVUE® for ASTIGMATISM
and 1-DAY ACUVUE® COLOURS™ Brand Contact Lenses

Daily Wear Single Use Patient Instruction Guide














A guide to your contact lenses

Johnson & Johnson

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0086

The following symbols may appear on the labels or cartons of *1•DAY ACUVUE® MOIST™*, *1•DAY ACUVUE® for ASTIGMATISM* and *1•DAY ACUVUE® Disposable Contact Lenses with visibility tint and UV-blocker* and *1•DAY ACUVUE® COLOURS™ Disposable Contact Lenses with UV-blocker*.

SYMBOL	DEFINITION
	See Instruction Leaflet
	Use By Date (expiration date)
	Batch Code
	Sterile Using Steam or Dry Heat
DIA	Diameter
BC	Base Curve
D	Diopter (lens power)
CT	Centre Thickness
	Quality System Certification Symbol
	UV Blocking
	Peel Back Foil
	Visibility Tinted Lens Orientation Correct
	Visibility Tinted Lens Inside Out
	Fee Paid for Waste Management
	Caution: Federal U.S.A. law restricts this device to sale by or on the order of a licensed practitioner

1-DAY ACUVUE® MOIST™ and 1-DAY ACUVUE®	
	Visibility Tinted Lens Orientation Correct
	Visibility Tinted Lens Inside Out

1-DAY ACUVUE® COLOURS™	
0-GRY	Opaque Grey
0-GRN	Opaque Green
0-HNY	Opaque Honey
0-CHN	Opaque Chestnut
0-SPH	Opaque Sapphire

1-DAY ACUVUE® for ASTIGMATISM			
CYL	Cylinder Power	Axis	Axis

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I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM and I•DAY ACUVUE® COLOURS™ **Brand Contact Lenses**

Safe, comfortable, convenient

Congratulations on joining thousands of others around the world who enjoy the comfort and convenience of *I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM* and *I•DAY ACUVUE® COLOURS™* Brand Contact Lenses from Johnson & Johnson, the world's leading contact lens manufacturer.

I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM and *I•DAY ACUVUE® COLOURS™* 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 offer protection from ultraviolet (UV) radiation.

For easier handling *I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM* Brand Contact Lenses have a visibility tint. *I•DAY ACUVUE® MOIST™* and *I•DAY ACUVUE®* Brand Contact Lenses also include an inside-out indicator:

I•DAY ACUVUE® COLOURS™ are available in a range of different opaque colours and are designed to alter the apparent colour of your eye.

It took a breakthrough in manufacturing technology to create a lens of the quality of *I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM*

and *I•DAY ACUVUE® COLOURS™* Brand Contact Lenses yet of low enough cost to be able to replace lenses daily. This means that you replace your lenses *before* rather than *because* deposits and the effects of ageing reduce the performance of your lenses. So you retain the outstanding levels of comfort, vision and health each and every day.



As with any contact lens, *I•DAY ACUVUE® MOIST™*, *I•DAY ACUVUE®*, *I•DAY ACUVUE® for ASTIGMATISM* and *I•DAY ACUVUE® COLOURS™* 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 wear single use, there is no need to use cleaning and disinfection solutions.

***I•DAY ACUVUE® MOIST™*, *I•DAY ACUVUE®*, *I•DAY ACUVUE® for ASTIGMATISM* and *I•DAY ACUVUE® COLOURS™* Brand Contact Lenses are recommended for daily wear single use.**

Put in a fresh new pair every morning, throw them away every night. The healthiest and most convenient way to wear Contact Lenses.

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. Problems with contact lenses could result in serious injury to the eye.

Eye problems, including corneal ulcers, can develop rapidly and lead to the loss of vision. The results of a study¹ of lenses used with care products 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 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.

When daily wear users wear their lenses overnight (outside of the approved indication) the risk of ulcerative keratitis is 9 times greater than among those who do not wear them overnight.

The risk of ulcerative keratitis among contact lens wearers who smoke is estimated to be 3 to 8 times greater than for non-smokers.

The overall risk of ulcerative keratitis may be reduced by carefully following directions for good hygiene and lens wear.

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.

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.



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.





**Fresh new lenses
every day**

- 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. Inside are 30 lenses in six strips of five lenses each.

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

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 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 the lens has not turned inside out.

Place the lens on the tip of your forefinger and hold above eye level; you are looking at the bowl of the lens from the outside.

For **I•DAY ACUVUE® MOIST™** and **I•DAY ACUVUE®**




For **I•DAY ACUVUE® COLOURS™** and **I•DAY ACUVUE® for ASTIGMATISM**



Tips for easy handling

I•DAY ACUVUE® MOIST™, *I•DAY ACUVUE®*,
I•DAY ACUVUE® for ASTIGMATISM and *I•DAY ACUVUE®*
COLOURS™ Brand Contact Lenses are easier to handle if it is allowed to dry a little: place the lens onto a dry finger; and allow the lens to stand for 5-10 seconds.



By waiting a few seconds, you will find that the lens holds its shape better and that it may be easier to tell whether or not the lens is inside out.

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:

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 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.



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.



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.

***I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM and I•DAY ACUVUE® COLOURS™* Brand Contact Lenses are recommended for daily wear single use. 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 *I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®, I•DAY ACUVUE® for ASTIGMATISM and I•DAY ACUVUE® COLOURS™* Brand Contact Lenses are your preferred vision correction, spectacles are an essential back-up for all contact lens wearers.

Instructions for Monovision correction

If your Eye Care Professional explains that you require Monovision 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 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 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 lenses 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

- When wearing lenses that alter your eye colour, you may notice temporary differences in your vision due to the presence of the colour in your lens, especially in conditions of low light. If these differences in vision persist when wearing *1•DAY ACUVUE® COLOURS™*, it is important that you consult your Eye Care Professional.
- 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.
- For healthy comfortable vision, it is important that *I•DAY ACUVUE® MOIST™*, *I•DAY ACUVUE®*, *I•DAY ACUVUE® for ASTIGMATISM* and *I•DAY ACUVUE® COLOURS™* Brand Contact Lenses are worn only as prescribed by your Eye Care Professional. These lenses are recommended for daily wear single use. 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.
- 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 micro-organisms.
- Avoid all harmful or irritating vapours and fumes whilst wearing 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 *I•DAY ACUVUE® MOIST™*, *I•DAY ACUVUE®*, *I•DAY ACUVUE® for ASTIGMATISM* or *I•DAY ACUVUE® COLOURS™* Disposable 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.

Adverse reactions

Any adverse reactions experienced whilst wearing *I•DAY ACUVUE® MOIST™*, *I•DAY ACUVUE®*, *I•DAY ACUVUE® for ASTIGMATISM* or *I•DAY ACUVUE® COLOURS™* Brand Contact Lenses should be reported to your Eye Care Professional.

Your prescription

***I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®,
I•DAY ACUVUE® COLOURS™ Brand Contact Lenses***

Right lens

power and base curve (colour).....

Left lens

power and base curve (colour).....

I•DAY ACUVUE® for ASTIGMATISM Brand Contact Lenses

Right lens

power, cyl, axis and base curve

Left lens

power, cyl, axis and base curve

*I•DAY ACUVUE® MOIST™, I•DAY ACUVUE®,
I•DAY ACUVUE® for ASTIGMATISM AND
I•DAY ACUVUE® COLOURS™ BRAND CONTACT LENSES
ARE RECOMMENDED FOR DAILY WEAR, SINGLE USE*

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 to ensure clear and healthy eyes.

Your follow-up visits:

1 2
3 4
5 6

The range of types of contact lenses and wearing schedules have been explained to me.

I have read the above advice and accept my responsibility to follow these recommendations.

Name

CAPITAL LETTERS

Signature

Date

Johnson & Johnson Vision Care

EU Authorised Representative:

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