

ACUVUE®

Including ACUVUE²
ACUVUE² COLOURS™
ACUVUE BIFOCAL
and ACUVUE TORIC

Daily Wear Patient Instruction Guide












A guide to your contact lenses

Johnson & Johnson

CE
0086

The following symbols may appear on the labels or cartons of ACUVUE®, ACUVUE® 2, ACUVUE® 2 COLOURS™, ACUVUE® BIFOCAL and ACUVUE® TORIC Contact Lenses with UV-blocker.

| 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: Federal U.S.A. law restricts this device to sale by or on the order of a licensed practitioner |
| BC | Base Curve | | |
| D | Dioptre (lens power) | | |
| CT | Centre Thickness | | |

| ACUVUE® | | | |
|---|--------------------------|---|-----------------|
|  | Lens Orientation Correct |  | Lens Inside Out |

| ACUVUE® 2 & ACUVUE® BIFOCAL | | | |
|---|--|---|-------------------------------------|
|  | Visibility Tint: Lens Orientation Correct |  | Visibility Tint: Lens Inside Out |

| ACUVUE® TORIC | | | |
|---------------|----------------|------|------|
| CYL | Cylinder Power | AXIS | Axis |

| ACUVUE® 2 COLOURS™ | | | |
|--------------------|-----------------|-------|-----------------|
| O-BLU | Opaque Blue | O-HZL | Opaque Hazel |
| O-GRY | Opaque Grey | O-SPH | Opaque Sapphire |
| O-GRN | Opaque Green | E-AQU | Enhancer Aqua |
| O-HNY | Opaque Honey | E-BLU | Enhancer Blue |
| O-CHN | Opaque Chestnut | E-GRN | Enhancer Green |

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The ACUVUE[®], ACUVUE[®] 2 and ACUVUE[®] 2 COLOURS[™] Contact Lenses

Safe, comfortable, convenient

Congratulations on joining millions of others around the world who enjoy the comfort and convenience of ACUVUE[®] Contact Lenses from Johnson & Johnson, the world's leading contact lens manufacturer.

ACUVUE[®] 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 ACUVUE[®] and ACUVUE[®] 2 Contact Lenses have a visibility tint and also include an inside out indicator. ACUVUE[®] 2 COLOURS[™] are available in a range of different enhancing and 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 ACUVUE[®], yet of low enough cost to be able to replace lenses at least every two weeks. 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, ACUVUE® is a medical device.
The ongoing support of your Eye Care Professional for regular eye checks is essential to the long term protection of your health and vision.





The ACUVUE® BIFOCAL Contact Lens

ACUVUE® BIFOCAL is designed for the young at heart with mature sight, or presbyopia, allowing you to clearly see both distance and near in all directions. The freedom to see regardless of the position of your head or direction of gaze is particularly appreciated by wearers all around the world.

ACUVUE® BIFOCAL supports the same outstanding benefits of comfort, vision and health as experienced by ACUVUE® wearers. Please read the introduction to ACUVUE® for a more detailed explanation of the features of an ACUVUE® Contact Lens.

Quality of vision with this unique and multi-patented bifocal design lens is able to support most day-to-day activities offering a level of freedom unknown to bifocal spectacles wearers. For some detailed tasks you may need to increase lighting levels and/or use supplementary spectacles.

A period of adaptation is often required during which mild blur and variable vision may be experienced. Follow the advice of your Eye Care Professional for adaptation to ACUVUE® BIFOCAL and your suitability for driving.



The ACUVUE® TORIC Contact Lens

Congratulations on choosing the ACUVUE® TORIC Contact Lens from Johnson & Johnson, the disposable lens designed for people with astigmatism.

ACUVUE® TORIC is a soft flexible disposable contact lens. This makes them comfortable all day long. They allow high oxygen transmissibility, helping your eyes stay refreshed and healthy. This lens has all the benefits and convenience of a disposable lens, as well as continuous stability for outstanding vision quality and with protection from ultraviolet (UV) radiation.*

When your prescribed replacement period is over, you simply throw the used lens away and replace it with a new sterile one. By replacing your ACUVUE® TORIC Contact Lens on a regular basis, lens deposits, which can affect vision and cause irritation and discomfort to the eye, have little chance to build up over time as with conventional lens wear. When you discard the lens, you dispose of potential lens deposit build-up problems. Since the lenses are produced identically one after another, you will experience the same excellent comfort and vision, lens after lens after lens.



**ACUVUE® , ACUVUE® 2, ACUVUE® 2 COLOURS™ ,
ACUVUE® BIFOCAL and ACUVUE® TORIC - for daily
wear, frequent replacement as indicated by your Eye
Care Professional. Remove your lenses, clean, rinse and
disinfect each night before sleeping by using a chemical
disinfection system only.**




The ACUVUE® range of UV-blocking contact lenses help against transmission of harmful UV radiation to the cornea and into the eye.

When ACUVUE® Contact Lenses are replaced at intervals ranging from 1 day to 2 weeks, the risk of developing lens related allergic conjunctivitis may be reduced.

*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.



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 and lens care products, including the lens case. Problems with contact lenses or lens care products 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 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 care, including cleaning the lens case.



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.





- 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.

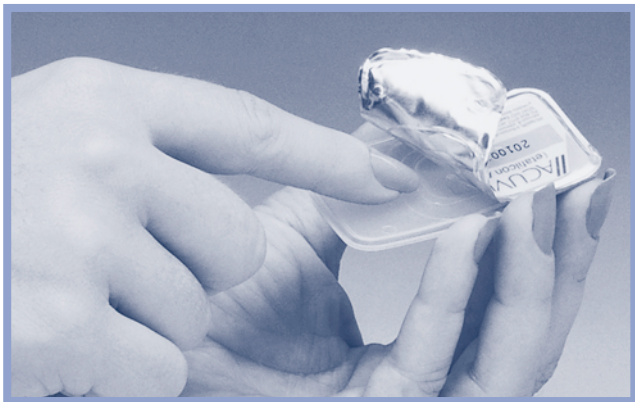


The lens packaging

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:

1. Shake the package to allow the lens to float free in the solution.
2. Pull back the foil. Handle the lens carefully with your fingertip and be careful to avoid damage with your fingernails. It helps to keep these smooth and short.
3. 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.

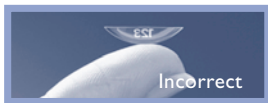
Check the lens has not turned inside out.

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 ACUVUE®



For ACUVUE® 2 and ACUVUE® BIFOCAL



For ACUVUE® TORIC and ACUVUE® 2 COLOURS™



Tips for easy handling

ACUVUE, ACUVUE® 2, ACUVUE® 2 COLOURS™, ACUVUE® BIFOCAL and ACUVUE® TORIC 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.

Note: If you need to rinse the lens before you insert it 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.



Caring for your lenses

For the continued safe and comfortable use of your lenses, it is important to follow the instructions given to you by your Eye Care Professional. If you remove your lenses and plan to wear them again, carefully read the instructions provided for proper cleaning, rinsing, disinfecting and storage.

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'.

Cleaning and rinsing are essential to remove mucus, secretions, and deposits which may have accumulated during use. Do this immediately after removing your lenses and prior to disinfection.

Harmful germs can only be removed by cleaning, rinsing and disinfecting.

Follow the instructions for use of the lens care system recommended by your Eye Care Professional. If you are using a system that uses hydrogen peroxide, you will also need to neutralise your lenses.

- Always wash, rinse and dry hands before handling lenses.
- Use fresh, unexpired lens care solutions.
- Thermal systems that use heat can damage your lenses.
- NEVER store your lenses in saline only.

Saline will not protect the lenses from contamination and may result in an eye infection.



- NEVER use solutions recommended for conventional hard lenses only.
- NEVER put lenses in your mouth or use anything other than the recommended solutions for lubricating or wetting your lenses.
- NEVER rinse them in tap water; since this can contain many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
- Clean the right lens first, to avoid mix-ups.
- Put each lens into the correct chamber of the lens storage system and make sure they are completely immersed in the storage solution when they are not being worn. If lenses are left out for long periods, they may dry out and become brittle. If this happens, throw them away.
- NEVER re-use the solution in your lens case.
- Seek the advice of your Eye Care Professional if your lenses are to be stored for extended periods.



Looking after your lens case

Since lens cases can be a source of bacteria, after use they should be emptied, cleaned and rinsed with recommended sterile solutions and allowed to air dry. Your lens case should also be replaced regularly, as advised by the lens case manufacturer or your Eye Care Professional.

NEVER USE TAP WATER TO RINSE YOUR LENS CASE.



Instructions for monovision or bifocal correction

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

As with any contact lens correction, there can be visual compromise which may include reduced visual acuity. Some wearers using contact lenses for monovision have experienced reduced depth perception. 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 bifocal 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 bifocal 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 ACUVUE® 2 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.
- 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 that ACUVUE® Contact Lenses are worn only as prescribed by your Eye Care Professional. This includes following instructions for the wearing, replacement 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, ACUVUE® 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.
- NEVER sleep in your lenses - remove them every night.
- Insert only sterile lenses in your eye.
- NEVER wear lenses for longer than the prescribed period.
- CLEANING, RINSING and DISINFECTING are ESSENTIAL each time the lens is removed to be re-inserted.
- NEVER re-use the solution in your lens case. Use fresh solution each time lenses are removed.
- NEVER use tap water to rinse either your lens 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.

As a wearer of ACUVUE® 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 ACUVUE®, ACUVUE® 2, ACUVUE® 2 COLOURS™, ACUVUE® BIFOCAL or ACUVUE® TORIC should be reported to your Eye Care Professional.

Your prescription

ACUVUE®, ACUVUE® 2, ACUVUE® 2 COLOURS™ and ACUVUE® BIFOCAL

Right lens

Power and base curve (colour)

Left lens

Power and base curve (colour)

ACUVUE® TORIC

Right lens

Power, cyl, axis and base curve

Left lens

Power, cyl, axis and base curve

YOU HAVE BEEN PRESCRIBED ACUVUE® CONTACT LENSES FOR DAILY WEAR. LENSES SHOULD BE REPLACED AS RECOMMENDED BY YOUR EYE CARE PROFESSIONAL.

CARE REGIME

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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Date: July 2005
Code: AVPXDW