

*1-DAY* ACUVUE®  
**MOIST**  
BRAND CONTACT LENSES

**1-DAY ACUVUE® MOIST Brand Contact Lenses**

**1-DAY ACUVUE® MOIST Brand Contact Lenses for ASTIGMATISM**

**1-DAY ACUVUE® MOIST Brand MULTIFOCAL Contact Lenses**

etafilcon A Soft (hydrophilic) Contact Lenses  
Visibility Tinted with UV Blocker  
for Daily Disposable Wear

**PATIENT INSTRUCTION GUIDE**



CAUTION: U.S. Federal law restricts this device to sale by or on the order of a licensed practitioner.

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## INTRODUCTION

### *About This Booklet:*

The information and instructions contained in this booklet apply to the following brands:

- 1-DAY ACUVUE® MOIST Brand Contact Lenses with LACREON® Technology,
- 1-DAY ACUVUE® MOIST Brand Contact Lenses for ASTIGMATISM, and
- 1-DAY ACUVUE® MOIST Brand MULTIFOCAL Contact Lenses

For your eye health, it is important that your contact lenses be worn only as prescribed by your Eye Care Professional. Your Eye Care Professional should be kept fully aware of your medical history and will develop 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 apply and remove lenses. This booklet will reinforce those instructions.

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

A “Glossary of Commonly Used Terms” is included for your reference. This contains definitions of medical and technical terminology used in this booklet. In addition, a “Symbols Key” provides an explanation of symbols that may appear on the lens packaging.

Special sections are included in the back of this booklet to record your specific prescribed wearing information as well as to record the contact information for your Eye Care Professional.

### *About Your Lenses and Contact Lens Wear:*

Your contact lenses are made from a water loving (hydrophilic) material that has the ability to absorb water, making the lenses soft and flexible. The lenses are tinted to improve visibility for handling and also contain an ultraviolet (UV) radiation absorbing ingredient to block UV radiation.

These lenses are intended for the correction of nearsightedness (myopia) and farsightedness (hyperopia). They are also available for people who may have other conditions such as astigmatism or presbyopia.

When prescribed for daily disposable wear, lenses should be discarded upon removal, and therefore no cleaning or disinfection is required. You should always have spare lenses or glasses available.

By replacing your contact lenses 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 deposit build-up problems.

Clinical research has shown that when worn on a daily disposable basis, these lenses may provide improved comfort for 2 out of 3 patients who reported suffering from discomfort associated with allergies during contact lens wear.

## SYMBOLS KEY

The following symbols may appear on the label or packaging:

<i>Symbol</i>	<i>Definition</i>
	Consult Instructions for Use
	Manufacturer
	Date of Manufacture
	Use By Date (expiration date)
	Batch Code
	Sterilized Using Steam Heat
	Do Not Re-Use (Single Use)
	Lens Orientation Correct
	Lens Orientation Incorrect (Lens Inside Out)
	Quality System Certification Symbol
	Fee Paid for Waste Management
	Authorized Representative in the European Community

Visit [www.acuvue.com/guides](http://www.acuvue.com/guides) for additional information about symbols.

## UNDERSTANDING YOUR PRESCRIPTION

The following abbreviations may appear on the label or packaging:

<i>Abbreviation</i>	<i>Definition</i>	<i>1-DAY ACUVUE® MOIST Brand</i>	<i>1-DAY ACUVUE® MOIST Brand for ASTIGMATISM</i>	<i>1-DAY ACUVUE® MOIST Brand MULTIFOCAL</i>
<b>DIA</b>	Diameter	X	X	X
<b>BC</b>	Base Curve	X	X	X
<b>D</b>	Diopter (lens power)	X	X	X
<b>CYL</b>	Cylinder	-	X	-
<b>AXIS</b>	Axis	-	X	-
<b>MAX ADD</b>	Near ADD	-	-	X
<b>LOW</b>	Low near ADD	-	-	X
<b>MID</b>	Medium near ADD	-	-	X
<b>HGH</b>	High near ADD	-	-	X

## GLOSSARY OF COMMONLY USED TERMS

<i>Term</i>	<i>Definition</i>
<b>Astigmatism</b>	A condition where the cornea is not equally curved in all parts of its surface. It is somewhat oval in shape, causing the visual image to be out of focus (blurred)
<b>Conjunctivitis</b>	Inflammation of the conjunctiva
<b>Cornea</b>	Clear front part of the eye
<b>Corneal Ulcer</b>	A sore or lesion on the cornea
<b>Inflammation</b>	Swelling, redness, and pain
<b>Presbyopia</b>	A condition in which the natural lenses in the eyes lose some of their elasticity. This occurs normally with aging as the lenses lose some of their ability to change focus for different distances (loss of reading vision)

## WEARING RESTRICTIONS & INDICATIONS

1-DAY ACUVUE® MOIST Brand Contact Lenses are indicated for daily disposable wear for the correction of vision in people with non-diseased eyes who are nearsighted (myopic) or farsighted (hyperopic) and may have 1.00D or less of astigmatism.

1-DAY ACUVUE® MOIST Brand Contact Lenses for ASTIGMATISM are indicated for daily disposable wear for the correction of vision in people with non-diseased eyes who are nearsighted (myopic) or farsighted (hyperopic) and may have 0.50D to 3.00D of astigmatism.

1-DAY ACUVUE® MOIST Brand MULTIFOCAL Contact Lenses are indicated for daily disposable wear for the correction of distance and near vision in people with non-diseased eyes who may have 4.00D of ADD power or less and 0.75D or less of astigmatism.

These lenses contain a UV Blocker to help protect against transmission of harmful UV radiation to the cornea and into the eye.

**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.**

Your Eye Care Professional will determine your wearing schedule (how long you should wear your lenses each day). When prescribed for daily disposable wear, lenses should be discarded upon removal.

## WHEN LENSES SHOULD NOT BE WORN (CONTRAINDICATIONS)

**DO NOT USE** these lenses when you have any of the following conditions:

- Inflammation or infection in or around the eye or eyelids
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids
- Any previously diagnosed condition that makes contact lens wear uncomfortable
- Severe dry eye
- Reduced corneal sensitivity

- Any systemic disease that may affect the eye or be made worse by wearing contact lenses
- Allergic reactions on the surface of the eye or surrounding tissues that may be induced or made worse by wearing contact lenses or use of contact lens solutions
- Irritation of the eye caused by allergic reactions to ingredients in contact lens solutions (i.e., rewetting drops). These solutions may contain chemicals or preservatives (such as mercury, Thimerosal, etc.) to which some people may develop an allergic response.
- Any active eye infection
- If eyes become red or irritated

## WARNINGS

### *What You Should Know About Contact Lens Wear:*

**EYE PROBLEMS, INCLUDING CORNEAL ULCERS, CAN DEVELOP RAPIDLY AND LEAD TO LOSS OF VISION. IF YOU EXPERIENCE:**

- **Eye Discomfort,**
- **Excessive Tearing,**
- **Vision Changes,**
- **Loss of Vision,**
- **Eye Redness, or**
- **Other Eye Problems,**

**YOU SHOULD IMMEDIATELY REMOVE THE LENSES, AND PROMPTLY CONTACT YOUR EYE CARE PROFESSIONAL.**

- When prescribed by your Eye Care Professional for daily disposable wear (i.e., your Eye Care Professional instructs you to remove and discard your lenses at the end of each day), you should not wear your lenses while sleeping. Clinical studies have shown that the risk of serious eye problems is increased when lenses are worn overnight.<sup>1</sup>
- Studies have shown that contact lens wearers who smoke have a higher rate of eye problems than nonsmokers.
- Problems with contact lenses or lens care products could result in serious injury to the eye.
- Proper use and care of your contact lenses and lens care products are essential for the safe use of these products.
- The overall risk of serious eye problems may be reduced by carefully following directions for lens care.

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

### ***Specific Instructions for Use and Warnings:***

- **Water Activity**

***Instruction for Use***

Do not expose your contact lenses to water while you are wearing them.

**WARNING:**

Water can harbor microorganisms that can lead to severe infection, vision loss, or blindness. If your lenses have been submerged in water when participating in water sports or swimming in pools, hot tubs, lakes, or oceans, you should discard them and replace them with a new pair. Ask your Eye Care Professional for recommendations about wearing your lenses during any activity involving water.

## **PRECAUTIONS**

**For your eye health**, it is important to carefully follow the handling, insertion, removal, and wearing instructions in this booklet, as well as those prescribed by your Eye Care Professional (see **“Lens Handling and Insertion”**, and **“Lens Wearing”** sections).

### ***General Precautions:***

- If you wear your contact lenses to correct presbyopia using monovision you **may not** be able to get the best corrected visual acuity for either far or near vision. Visual needs are different for different people, so your Eye Care Professional should work with you when selecting the most appropriate type of lens for you.
- **Always** contact your Eye Care Professional before using any medicine in your eyes.
- **Be aware** that certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers, and those for motion sickness may cause dryness of the eye, increased lens awareness (feeling of the lens in the eye), or blurred vision. Always inform your Eye Care Professional if you experience any problems with your lenses while taking such medications.
- **Be aware** that if you use oral contraceptives (birth control pills), you could develop changes in vision or comfort when wearing contact lenses.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of your eyes. Ask your Eye Care Professional about the recommended follow-up schedule.

### ***Who Should Know That You are Wearing Contact Lenses:***

- **Inform** all of your doctors (Health Care Professionals) about being a contact lens wearer.
- **Always** inform your employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that you not wear contact lenses.

## ADVERSE REACTIONS (POSSIBLE PROBLEMS WITH LENS WEAR AND WHAT TO DO)

### *Possible Problems*

Be aware that problems can occur while wearing contact lenses and may be associated with the following symptoms:

- Burning, stinging, itchy, and/or dry eyes
- Reduced lens comfort
- Feeling of something in your eye (foreign body, scratched area)
- Swelling or inflammation in or around the eyes
- Eye redness
- Eyelid problems
- Watery eyes and/or unusual eye secretions
- Poor vision
- Blurred vision
- Rainbows or halos around objects
- Sensitivity to light (photophobia)

When any of the above symptoms occur, a serious eye condition may be present. You should **immediately be seen by your Eye Care Professional**, so that the problem can be identified and treated, if necessary, in order to avoid serious eye damage.

### *Recognizing Problems and What To Do*

You should conduct a simple 3-part self-examination at least once a day. Ask yourself:

- How do the lenses feel on my eyes?
- How do my eyes look?
- Have I noticed a change in my vision?

If you notice any problems, you should **IMMEDIATELY REMOVE YOUR LENS**. If the problem or discomfort stops, discard the lens and place a new fresh lens on the eye.

If after inserting the new lens, the problem continues, **IMMEDIATELY REMOVE THE LENS AND CONTACT YOUR EYE CARE PROFESSIONAL**.

## LENS HANDLING AND INSERTION

**For your eye health**, it is important to carefully follow the handling, insertion, removal, and wearing instructions in this booklet, as well as those prescribed by your Eye Care Professional. If you will not or cannot always follow the recommended care procedures, you should not attempt to wear contact lenses.

***When you first get your lenses, be sure that you are able to put the lenses on and remove them (or have someone else available who can remove the lenses for you) before leaving your Eye Care Professional's office.***

### **Step 1: Getting Started**

It is essential that you learn and use good hygiene in the care and handling of your new lenses.

Cleanliness is the first and most important aspect of proper contact lens care. In particular, your hands should be clean, dry, and free of any soaps, lotions, or creams before you handle your lenses.

Before you start:

- Always wash your hands thoroughly with a mild soap, rinse completely, and dry with a lint-free towel before touching 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.***

- You should avoid the use of soaps containing cold cream, lotion, or cosmetics before handling your lenses. These substances may come into contact with the lenses and interfere with successful wearing.

***DO NOT get cosmetics, lotions, soaps, creams, deodorants, or sprays in your eyes or on your lenses. It is best to put on your lenses before putting on makeup.***

### **Step 2: Opening the Packaging**

#### **Multi-Pack**

Each multi-pack contains individually packaged lenses. Each lens comes in its own lens package designed specifically to keep it sterile while sealed.

#### **Lens Package**

***DO NOT use if the sterile blister package is opened or damaged.***

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

1. Shake the lens package and check to see that the lens is floating in the solution.
2. Peel back the foil closure to reveal the lens.

3. Place a finger on the lens and slide the lens up the side of the bowl of the lens package until it is free of the container.

***NEVER use tweezers or other tools to remove your lenses from the lens container.***

Occasionally, a lens may stick to the inside surface of the foil when opened, or to the plastic package itself. This will not affect the sterility of the lens. It is still perfectly safe to use. Carefully remove and inspect the lens following the handling instructions.

### **Lens Handling Tips**

- Handle your lenses with your fingertips, and be careful to avoid contact with fingernails. It is helpful to keep your fingernails short and smooth.

***DO NOT touch the lens with your fingernails.***

- Develop the habit of always working with the same lens first to avoid mix-ups.
- After you have removed the lens from the packaging, examine it to be sure that it is a single, moist, clean lens that is free of any nicks or tears. If the lens appears damaged, DO NOT use it. Use the next lens in the multi-pack.

***ALWAYS handle lenses carefully and avoid dropping them.***

### **Step 3: Placing the Lens on the Eye**

**Remember, always start with the same eye.**

Once you have opened the lens package, removed, and examined the lens, follow these steps to insert the lens onto your eye:

1. BE SURE THE LENS IS NOT INSIDE-OUT by following one of the following procedures:
  - 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 tend to point outward, the lens is inside out.
  - Gently squeeze the lens between the thumb and index finger. The edges should turn inward. If the lens is inside out, the edges will turn slightly outward. Place the lens on the tip of your index finger and, looking up at the lens, locate the numbers 1-2-3. 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. Note that the 1-2-3 marking is not present on the 1-DAY ACUVUE® MOIST for ASTIGMATISM lens.
2. With the lens on your index finger, use your other hand to hold your upper eyelid so you won't blink.
3. Pull down your lower eyelid with the other fingers of your "inserting" hand.
4. Look up at the ceiling and gently place the lens on the lower part of your eye.
5. Slowly release your eyelid and close your eye for a moment.

6. Blink several times to center the lens.
7. Use the same technique when inserting the lens for your other eye.

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

#### **Step 4: Checking Your Lenses**

After you have successfully inserted your lenses, you should ask yourself:

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

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

- The lens is not centered on the eye (see “*Step 5: Centering the Lens,*” next in this booklet).
- If the lens is centered, remove the lens (see “*Removing Your Lenses*”) and check for the following:
  - Cosmetics or oils on the lens. Dispose of the lens and insert a new fresh lens.
  - The lens is on the wrong eye.
  - The lens is inside out (it would also not be as comfortable as normal). See “*Step 3: Placing the Lens on the Eye.*”

If you find that your vision is still blurred after checking the above possibilities, remove both lenses and consult your Eye Care Professional.

**Note:** If a lens is noticeably uncomfortable upon insertion or becomes less comfortable than when it was first inserted, remove the lens immediately and contact your Eye Care Professional. If your examination of your eyes and the lenses shows any other problems, IMMEDIATELY REMOVE YOUR LENSES AND CONTACT YOUR EYE CARE PROFESSIONAL.

#### **Step 5: Centering the Lens**

A lens, which is on the cornea (center of your eye), will very rarely move onto the white part of the eye during wear. This, however, can occur if insertion and removal procedures are not performed properly. To center a lens, follow either of these procedures:

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

**OR**

- Gently move the off-centered lens onto the cornea (center of your eye) while the eye is opened using finger pressure on the edge of the upper lid or lower lid.

## LENS WEARING

While wearing your lenses, remember the following important precautions:

### *Hazardous Conditions*

- If you use aerosol (spray) products, such as hairspray, while wearing lenses, keep your eyes closed until the spray has settled.
- **Avoid** all harmful or irritating vapors and fumes while wearing lenses.
- **Never** rinse your lenses in water from the tap. There are two reasons for this:
  1. Tap water contains many impurities that can contaminate or damage your lenses and may lead to eye infection or injury.
  2. You might lose your lens down the drain.

### *Water Activity*

- Do not expose your contact lenses to water while you are wearing them.

### *Lubricating/Rewetting Solutions*

- Your Eye Care Professional may recommend a lubricating/rewetting solution for your use. These solutions can be used to wet (lubricate) your lenses while you are wearing them.
- **Do not** use saliva or anything other than the recommended solutions for lubricating or rewetting your lenses. Do not put lenses in your mouth.

### *Sharing Lenses*

- **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 chance of eye infections.

### *Adhering to the Prescribed Wearing & Replacement Schedules*

- **Never** wear your lenses beyond the amount of time recommended by your Eye Care Professional.
- **Always throw away** worn lenses as prescribed by your Eye Care Professional.

## REMOVING YOUR LENSES

**CAUTION:** Always be sure the lens is on the cornea (center of your eye) before attempting to remove it. Determine this by covering the other eye. If vision is blurred, the lens is either on the white part 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.

1. Wash, rinse and dry your hands thoroughly. You should follow the method that is recommended by your Eye Care Professional. Below is an example of one method: the Pinch Method.

***Pinch Method:***

**Step 1.** Look up, slide the lens to the lower part of the eye using the forefinger.

**Step 2.** Gently pinch the lens between the thumb and forefinger.

**Step 3.** Remove the lens.

2. Remember, there is no cleaning or disinfection needed with your contact lenses when they are prescribed for daily disposable wear. Always dispose of lenses when they are removed and have replacement lenses or glasses available.

**Note:** For your eye health, it is important that the lens moves freely on your eye. If the lens sticks (stops moving) on your eye, apply a few drops of the recommended rewetting solution. Wait until the lens begins to move freely on the eye before removing it. If non-movement of the lens continues, you should immediately consult your Eye Care Professional.

## EMERGENCIES

If chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes: **FLUSH EYES IMMEDIATELY WITH TAP WATER AND IMMEDIATELY CONTACT YOUR EYE CARE PROFESSIONAL OR VISIT A HOSPITAL EMERGENCY ROOM RIGHT AWAY.**

## INSTRUCTIONS FOR THE PRESBYOPIC PATIENT (MONOVISION OR MULTIFOCAL)

### *About Presbyopia and Vision Correction*

- Presbyopia is a condition in which the natural lenses in the eyes lose some of their elasticity. This occurs normally with aging as the lenses lose some of their ability to change focus for different distances (loss of reading vision).
- Monovision is a method of correction for presbyopia using contact lenses in which one eye is corrected for distance vision and the other is corrected for near vision.
- Multifocal lenses correct presbyopia by providing distance and near vision correction powers within the same lens.

### *Getting Used to Monovision or Multifocal Correction (Adaptation)*

- Be aware that, as with any type of lens correction, there are advantages and compromises to presbyopic contact lens correction. The benefit of clear near vision when looking straight-ahead and upward that you get with your contact lenses for monovision and multifocal correction may be accompanied by a vision compromise that may reduce the sharpness of your vision and depth perception for distance and near tasks. Some patients have experienced difficulty adapting to this. Symptoms, such as mild blurred vision and variable vision, may last for a brief period or for several weeks as you are getting used to the lenses. The longer these symptoms last, the poorer your chances may be for successful adaptation.
- You should avoid visually demanding situations during the initial adaptation period. It is recommended that you first wear these contact lenses in familiar situations that are not visually demanding. For example, it might be better to be a passenger rather than a driver of a car during the first days of lens wear. Also, it is recommended that you only drive with monovision or multifocal correction if you pass your state driver's license requirements with this correction.
- It is important that you follow your Eye Care Professional's suggestions for getting used to presbyopic contact lens correction. You should discuss any concerns that you may have during and after the adaptation period.

### *Additional Correction Needs*

- Some patients with monovision correction will need to wear their glasses over their contact lenses to provide the clearest vision for critical tasks. You should discuss this with your Eye Care Professional.
- Some patients will never be fully comfortable functioning under low levels of lighting, such as driving at night. If this happens, you may want to discuss with your Eye Care Professional

having additional contact lenses prescribed so that both eyes are corrected for distance when sharp distance binocular vision is required from both eyes together.

- If you require very sharp near vision during prolonged close work, you may want to have additional contact lenses prescribed so that both eyes are corrected for near when sharp near vision is required from both eyes together.

**The decision to be fit with monovision or multifocal correction is most appropriately left to your Eye Care Professional, in conjunction with you, after carefully considering and discussing your needs.**

## WEARING AND APPOINTMENT SCHEDULE

### Prescribed Wearing Schedule

Day	Wearing Time (Hours)
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

### Appointment Schedule

Your appointments are on: \_\_\_\_\_

Minimum number of hours lenses to be worn at time of appointment: \_\_\_\_\_

Month: \_\_\_\_\_ Year: \_\_\_\_\_

Time: \_\_\_\_\_ Day: \_\_\_\_\_

## PATIENT / EYE CARE PROFESSIONAL INFORMATION

**Next Appointment:**

Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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Day	Date	Hours Worn	Day	Date	Hours Worn
1	_____	_____	8	_____	_____
2	_____	_____	9	_____	_____
3	_____	_____	10	_____	_____
4	_____	_____	11	_____	_____
5	_____	_____	12	_____	_____
6	_____	_____	13	_____	_____
7	_____	_____	14	_____	_____

**IMPORTANT: If you experience any difficulty wearing your lenses or you do not understand the instructions given to you, DO NOT WAIT for your next appointment.**

**CONTACT YOUR EYE CARE PROFESSIONAL IMMEDIATELY.**



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In Canada: Johnson & Johnson Vision Care division of Johnson & Johnson Inc.  
In USA: Johnson & Johnson Vision Care, Inc.  
Revision date: 06/17  
Revision number: M-05-17-01

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