

**INDICATIONS AND INTENDED USES**

This daily disposable soft contact lens is indicated for the daily wear correction of refractive ametropia (myopia) in persons with non-disease eyes. The contact lens product is intended for single-use disposable wear and is to be discarded after each removal.

**CONTRAINDICATIONS (REASONS NOT TO USE)**

DO NOT USE contact lenses when any of the following conditions exist:

- Allergy, inflammation, infection, irritation or redness in or around the eye
- Dry eyes (inadequate tear fluid)
- Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids
- Reduced corneal sensitivity
- Any systemic disease or poor health e.g. colds or flu, that may affect the eye or be exaggerated by wearing contact lenses
- Allergic reaction of ocular surfaces or surrounding tissue that may be induced or exaggerated by wearing contact lenses
- Any active corneal infection (bacterial, fungal, or viral)
- Patient's unwilling or unable to understand or comply with any warnings, precautions, restrictions or directions.
- Use of medications that are contraindicated for contact lens wear.
- Any previous medical intervention which may adversely affect the use of the device.

**WARNINGS**

Problems with contact lenses and lens care products could result in serious injury to your eye. It is essential that you follow your eye care practitioner's direction and all labeling instructions for proper use of lenses. You should be aware of and fully discuss with your eye care practitioner the following warnings:

- Strict compliance with your wearing restrictions, wearing schedule, and follow-up visit schedule should be followed.
- Daily wear lenses are not indicated for overnight wear, and you should not wear lenses while sleeping. Clinical studies have shown that the risk of serious adverse reactions is increased when daily wear lenses are worn overnight.
- Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision.
- Studies have shown that contact lens wearers who are smokers have a higher incidence of adverse reactions than nonsmokers.
- Reuse of single-use daily disposable lenses could lead to lens changes that may cause discomfort and poor visual acuity.
- If you experience eye discomfort, excessive tearing, vision changes, or redness of the eye, you should immediately remove lenses and promptly contact your eye care professional.
- Do not use if package is damaged or unintentionally opened.
- Do not expose contact lenses to water while wearing them. Water can harbor microorganisms that can lead to severe infection, vision loss or blindness. If your lenses have been submerged in water when swimming in pools, lakes, or oceans, discard them and replace them with a new pair. Ask your eye care practitioner for recommendations about wearing lenses during any activity involving water.

**PRECAUTIONS**

You should be aware of and fully discuss with your eye care practitioner the following safety precautions:

- Before leaving your eye care practitioner's office be certain that you can remove your lenses promptly or have someone else available to remove them for you.
- Always wash and rinse hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorants, or sprays in the eyes or on the lenses. It is best to put on lenses before putting on makeup. Water-base cosmetics are less likely to damage lenses than oil-base products.
- Be certain that the fingers or hands are free of foreign materials before touching your lenses, as microscopic scratches of the lenses may occur, causing distorted vision and/or injury to the eye.
- Always handle your lenses carefully and avoid dropping them.
- Do not touch the lens with your fingernails.
- Carefully follow the handling, insertion, removal, and wearing instructions in this document and those recommended by your eye care practitioner.
- Never use tweezers or other tools to remove your lenses from the lens container unless specifically indicated for that use. Pour the lens into the hand.
- If the lens sticks (stops moving) on the eye, follow the recommended directions on Care for a Sticking (Nonmoving) Lens. The lens should move freely on the eye for the continued health of the eye. If nonmovement of the lens continues, you should immediately consult your eye care practitioner.
- Avoid, if possible, all harmful or irritating vapors and fumes when wearing lenses.
- If aerosol products are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.
- Do not freeze.

**ADVERSE REACTIONS (PROBLEMS AND WHAT TO DO)**

You should be aware that the following problems may occur:

- Eyes stinging, burning, itching (irritation), or other eye pain
- Comfort is less than when lens was first placed on eye
- Abnormal feeling of something in the eye (foreign body, scratched area)
- Excessive watering (tearing) of the eyes
- Unusual eye secretions
- Redness of the eyes
- Reduced sharpness of vision (poor visual acuity)
- Blurred vision, rainbows, or halos around objects
- Sensitivity to light (photophobia)
- Dry eyes

If you notice any of the above, YOU SHOULD:

- Immediately remove your lenses.
- If the discomfort or problem stops, then look closely at the lens. If the lens is in any way damaged, do not put the lens back on your eye. You should discard the lens and insert a new lens on the eye. If the problem continues, you should immediately remove the lenses and consult your eye care practitioner.
- When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis may be present. You should keep the lens off your eye and seek immediate professional identification of the problem and prompt treatment to avoid serious eye damage.

**TOPICS TO DISCUSS WITH YOUR EYE CARE PRACTITIONER:**

- As with any contact lens, follow-up visits are necessary to assure the continuing health of the eyes. You should be instructed as to a recommended follow-up schedule.
- Wearing lenses during sporting and water related activities. Exposure to water while wearing contact lenses in activities such as swimming, water skiing and hot tubs may increase the risk of ocular infection including but not limited to Acanthamoeba keratitis.
- Change the lens type, lens parameter or if you have not worn contact lenses for a prolonged length of time. Before using any medicine in the eyes.
- Certain medications, such as antihistamines, decongestants, diuretics, muscle relaxants, tranquilizers, and those for motion sickness may cause dryness of the eye, increased lens awareness, or blurred vision. Should such conditions exist, proper remedial measures should be prescribed. Depending on the severity, this could include the use of lubricating drops that are indicated for use with soft contact lenses or temporary discontinuance of contact lens wear while such medication is being used.
- Oral contraceptive users could develop visual changes or changes in lens tolerance when using contact lenses. Patients should be cautioned accordingly.
- Wearing contact lenses when in excessively dry or dusty environments.
- Additional wearing restrictions that apply to you.

**WHO SHOULD KNOW THAT YOU ARE WEARING CONTACT LENSES:**

- Inform your doctor (health care professional) about being a contact lens wearer.
- 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 not wear lenses.

**HANDLING THE LENSES**

- Develop the habit of always working with the same lens first to avoid mix-ups.
- Position it on your index finger and examine it to be sure that it is moist, clean, clear, and free of any nicks or tears.
- If the lens folds and sticks together: Place the lens in the palm of your hand and wet thoroughly with the recommended rewetting solution, then GENTLY rub the lens between your index finger and palm in a gentle back and forth motion.
- If the lens flattens or drapes across your finger, the lens or your finger may be too wet. To correct this, dry your finger by transferring the lens several times from one index finger to the other, drying the opposite finger each time.
- Should you accidentally place an inside-out lens on your eye, one of the following signs should signal you to remove and replace it correctly, a. Less than usual comfort, b. The lens may fold on the eye, c. Excessive lens movement on blink, d. Blurred vision

**PLACING THE LENS ON THE EYE:**

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

- The lens is not centered on the eye. To centre a lens follow one of the procedures below.
  - a) Hold the upper and lower eyelids open with your fingers. Then, while looking in a mirror, gently place a finger on the contact lens and slide the lens towards the center of the eye. **OR**
  - b) Hold the upper and lower eyelids open with your fingers. Then, while looking in a mirror, move your eye towards the lens to place it on the center of the eye.
- If the lens is centered, remove the lens and check for the following:
  - Cosmetics or oils on the lens discard the lens and use another daily disposable lens.
  - The lens is on the wrong eye.
  - The lens is inside-out (it would also not be as comfortable as normal).

If you find that your vision is still blurred, after checking the above possibilities, remove both lenses and consult your eye care practitioner.

The One Hand Placement Technique (FIG. A and B) Place the lens on your index finger. With your head up, looking straight ahead, pull down your lower eyelid with the middle finger of your placement hand. Look up steadily at a point above you. Then place the lens on the lower white part of your eye. Remove your index finger and slowly release the lower lid. Look down to position the lens properly. Close your eyes for a moment: the lens will center itself on your eye.

The Two Hand Placement Technique (FIG. C and D) With the lens on your index finger, use the middle finger of the other hand to pull the upper lid against the brow. Use the middle finger of your placement hand to pull down the lower lid and then place the lens centrally on your eye. While holding this position, look downward to position the lens properly. Slowly release your eyelids.

**If the Lens Feels Uncomfortable, then:**

Look in a mirror and gently place a finger on the edge of the contact lens and slowly slide the lens away from your nose while looking in the opposite direction. Then by blinking, the lens will recenter itself. If the lens still feels uncomfortable, follow the steps described in the section of this document entitled "Adverse Reactions."

**REMOVING THE LENS**

Always remove the same lens first.

- Wash, rinse, and dry your hands thoroughly.
- Always be sure that the lens is in the correct position on your eye before you try to remove it (a simple check of your vision, closing one eye at a time, will tell you if the lens is in the correct position). Look up and slowly pull down your lower lid with the middle finger of your removal hand and place your index finger on the lower edge of the lens. Squeeze the lens lightly between the thumb and index finger and remove it. Avoid sticking the edges of the lens together.

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- Remove the other lens by following the same procedure. Note: If this method of removing your lens is difficult for you, your eye care practitioner will provide you with an alternate method.

**CARE FOR A STICKING (NON-MOVING) LENS:**

It is important to the health of your eyes that your contact lenses move freely. If a lens sticks (stops moving), put a few drops of the lubricating or rewetting solution recommended by your eye care professional into your eye. In this case, do not use plain water or anything other than the recommended solutions. Do not attempt to remove a lens that is sticking, which could damage your eye. If the lens does not begin to move when you blink after several applications of the solution or drops, contact your eye care professional immediately. Do not attempt to remove the lens except on the advice of your eye care professional.

**EMERGENCIES:**

- If chemicals or hazardous substances of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into your eyes, you should: **FLUSH EYES IMMEDIATELY WITH TAP WATER AND THEN REMOVE LENSES PROMPTLY. CONTACT YOUR EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.**

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