






Biomedics 1 Day Extra Soft (Hydrophilic) Contact Lenses Daily Wear For Planned Replacement or Daily Disposable

IMPORTANT: Please read carefully and keep this information for future use. This package insert is intended for the eye care practitioner, but should be made available to patients upon request. The eye care practitioner should provide the patient with the patient instructions that pertain to the patient's prescribed lens.

SYMBOLS KEY:

The following symbols may appear on the label or carton.

SYMBOL	DEFINITION
	Caution: Federal (USA) law restricts this device to sale by or on the order of a licensed practitioner
	See Instructions for Wearers
	Use by Date (expiration date)
	Batch Code
	Sterile using Steam Heat

CAUTION: FEDERAL LAW RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A LICENSED PRACTITIONER.

DESCRIPTION

Biomedics 1 Day Extra Contact Lenses are available as spheric, aspheric, toric and multifocal lens designs.

The lenses are made from a material containing 55% water and 45% ocufilcon D, a random copolymer of 2-hydroxyethylmethacrylate and methacrylic acid. The lenses have a tint (VAT Blue 6) which is added to make the lens more visible for handling.

Biomedics 1 Day Extra SPHERE and ASPHERE contact lenses parameters:

- o Diameter: 12.0mm to 18.0mm
- o Basic Curve: 6.50mm to 12.80mm
- o Center Thickness: 0.025 mm to 0.40 mm (varies with power)
- o Powers: - 20.00D to +20.00D

Biomedics 1 Day Extra TORIC contact lenses parameters:

- o Diameter: 14.5mm
- o Basic Curve: 8.7mm
- o Center Thickness: 0.0745mm to 0.178mm (varies with power)
- o Powers: +20.00 to -20.00D
- o Cylinder: - 0.25D to -10.00D
- o Axis: 0° to 180° in 10° increments

Biomedics 1 Day Extra MULTIFOCAL contact lenses parameters:

- o Diameter: 12.0mm to 15.0mm
- o Basic Curve: 8.00mm to 9.20mm
- o Center Thickness: 0.025 mm to 0.40 mm (varies with power)
- o Powers: - 20.00D to +10.00D
- o Addition Powers: +0.25D to +3.00D

The physical/optical properties of the lens are:

- o Refractive Index: 1.41
- o Light Transmittance: 97%
- o Surface Character: Hydrophilic
- o Water Content: 55%
- o Oxygen Permeability (Dk)
(cm²/sec) ml O₂/ml x mm Hg
at 35°C (Fatt method): 19.6 x 10⁻¹¹

**Call our Customer Service Department at (800) 341-2020
for current availability**

ACTIONS

When placed on the cornea in its hydrated state, the Biomedics 1 Day Extra Soft (Hydrophilic) Contact Lens acts as a refracting medium to focus light rays on the retina. The toric lens provides a more even surface over the highly uneven astigmatic cornea and thus helps to focus light rays on the retina.

INDICATIONS FOR USE

Spherical and Aspherical

Biomedics 1 Day Extra SPHERE and ASPHERE Soft Contact lenses are indicated for the correction of ametropia (myopia and hyperopia) in aphakic and non-aphakic persons with non-diseased eyes in powers from - 20.00D to +20.00D diopters. The lenses may be worn by persons who exhibit astigmatism of -2.00 diopters or less that does not interfere with visual acuity.

Toric

Biomedics 1 Day Extra TORIC Soft Contact lenses are indicated for the correction of ametropia (myopia or hyperopia with astigmatism) in aphakic and non-aphakic persons with non-diseased eyes in powers from -20.00 to +20.00 diopters and astigmatic corrections from -0.25 to -10.00 diopters.

Multifocal

Biomedics 1 Day Extra multifocal lenses are indicated for the correction of refractive ametropia (myopia and hyperopia) and emmetropia with presbyopia in aphakic and non-aphakic persons with non-diseased eyes in powers from -20.00 to +10.00 diopters and with add powers from +0.25 to +3.00 diopters. The lenses may be worn by persons who exhibit astigmatism of 0.75 diopters or less that does not interfere with visual acuity.

The **Biomedics 1 Day Extra** Soft (Hydrophilic) Contact Lenses are indicated for single use daily disposable wear or for planned replacement. As prescribed for single use daily disposable wear, patients are instructed to dispose of the lens at each removal. As prescribed for planned replacement, the lens should be disinfected using a chemical or hydrogen peroxide disinfecting systems.

CONTRAINDICATIONS (REASONS NOT TO USE):

Do not use the **Biomedics 1 Day Extra** lens when any of the following conditions exist:

- o Acute and subacute inflammation or infection of the anterior chamber of the eye.
- o Any eye disease, injury, or abnormality that affects the cornea, conjunctiva, or eyelids.
- o Severe insufficiency of lacrimal secretion (dry eyes).
- o Corneal hypoesthesia (reduced corneal sensitivity), if not aphakic.
- o Any systemic disease that may affect the eye or be exaggerated by wearing contact lenses.
- o Allergic reactions of ocular surfaces or adnexa that may be induced or exaggerated by wearing contact lenses or use of contact lens solutions.
- o Allergy to any ingredient, such as mercury or thimerosal, in a solution, which is to be used to care for any **Ocufilcon D** lens.
- o Any active corneal infection (bacterial, fungal, or viral).
- o If eyes become red or irritated.
- o The patient is unable to follow lens care regimen or unable to obtain assistance to do so.

WARNINGS

Patients should be advised of the following warnings pertaining to contact lens wear:

- o **PROBLEMS WITH CONTACT LENSES AND LENS CARE PRODUCTS COULD RESULT IN SERIOUS INJURY TO THE EYE.** Patients should be cautioned that proper use and care of the contact lenses and lens care products, including lens cases, are essential for the safe use of these products. It is essential that patients follow their eye care practitioner's directions and all labeling instructions for proper use of lenses and lens care products. Patients should fill their lens case with fresh solution

every time they store their lenses, and never re-use solution. Additionally, they should clean and rinse their lens case between uses as recommended by their eye care practitioner. Eye problems, including corneal ulcers, can develop rapidly and lead to **loss of vision**.

- The result of a study¹ indicate the following:
 - a. The overall annual incidence of ulcerative keratitis in daily wear contact lens users is estimated to be about 4.1 per 10,000 persons and about 20.9 per 10,000 persons in extended wear contact lens users.
 - b. 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 basis are excluded from the comparison, the risk among extended wear users are 10 to 15 times greater than among daily wear users.
 - c. When daily users wear their lenses overnight (outside the approved indication), the risk of ulcerative keratitis is 9 times greater than among those who do not wear them overnight.
 - d. The overall risk of ulcerative keratitis may be reduced by carefully following directions for lens care, including cleaning the lens case.
 - e. The risk of ulcerative keratitis among contact lens users who smoke is estimated to be 3 to 8 times greater than among non-smokers.
 - f. If patients experience eye discomfort, excessive tearing, vision changes, redness of the eye or other problems, they should be instructed to immediately remove their lenses and promptly contact their Eye Care Practitioner. It is recommended that contact lens wearers see their Eye Care Practitioner routinely as directed.

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

PRECAUTIONS

Special Precautions for Eye Care Practitioners

- Due to the small numbers of patients enrolled in clinical investigation of lenses, all refractive powers, design configurations, or lens parameters available in the lens material are not evaluated in significant numbers. Consequently, when selecting an appropriate lens design and parameters, the eye care practitioner should consider all characteristics of the lens that can affect lens performance and ocular health, including oxygen permeability, wettability, central and peripheral thickness, and optic zone diameter.
- The potential impact of these factors on the patient's ocular health should be carefully weighed against the patient's need for refractive correction; therefore, the continuing ocular health of the patient and lens performance on the eye should be carefully monitored by the prescribing eye care practitioner.
- Patients who wear aspheric contact lenses to correct presbyopia may not achieve the best corrected visual acuity for either far or near vision. Visual requirements vary with the individual and should be considered when selecting the most appropriate type of lens for each patient.
- Aphakic patients should not be fitted with any **Biomedics 1 Day Extra** contact lenses until the determination is made that the eye has healed completely.
- Fluorescein, a yellow dye, should not be used while the lenses are on the eyes. The lenses absorb the dye and become discolored. Whenever fluorescein is used in the eyes, the eyes should be flushed with a sterile saline solution that is recommended for in-eye use.
- Before leaving the eye care practitioner's office, the patient should be able to promptly remove the lenses or should have someone else available who can remove the lenses for him or her. Eye care practitioners should instruct the patient to remove the lenses immediately if the eye becomes red or irritated.

Eye care practitioners should carefully instruct patients about the following care regimen and safety precautions:

- Different solutions cannot always be used together, and not all solutions are safe for use with all lenses. Use only recommend solutions.
- Never use solutions recommended for conventional hard contact lenses only.
- Chemical disinfection solutions should not be used with heat unless specifically indicated on product labeling for use in both heat and chemical disinfection.
- Always use fresh unexpired lens care solutions.
- Always follow directions in the package inserts for the use of contact lens solutions.
- Use only a chemical lens care system. Use of a heat care system can damage the **Biomedics 1 Day Extra** Contact Lenses.
- Sterile unpreserved solutions, when used, should be discarded after the time specified in the labeling directions.
- Do not use saliva or anything other than the recommended solutions for lubricating or wetting lenses.
- Always keep lens completely immersed in the recommended storage solution when the lenses are not being worn (stored). Prolonged periods of drying will damage lenses and reduce the ability of the lens surface to return to a wettable state. Follow the lens care directions for Care for a Dried Out (Dehydrated) Lens if lens surface does become dried out.
- If the lens sticks (stops moving) on the eye, follow the recommended directions on Care for a Sticking Lens. The lens should move freely on the eye for the continued health of the eye. If non-movement of the lens continues, the patient should be instructed to **immediately** consult his or her eye care practitioner.
- Always wash and rinse hands before handling lenses. Do not get cosmetics, lotions, soaps, creams, deodorant, or sprays in the eyes or on the lenses. It is best to put on lenses before putting on makeup. Water-based cosmetics are less likely to damage lenses than oil-based products.
- Do not touch the contact lenses with the finger or hands if the hands are not free of foreign materials, as lens damage may occur.
- Carefully follow the handling, insertion, removal, cleaning, and wearing instructions in the Patient Instructions for **Biomedics 1 Day Extra** contact lenses and those prescribed by the eye care practitioner.
- Never wear lenses beyond the period recommended by the eye care practitioner.
- If aerosol products such as hairspray are used while wearing lenses, exercise caution and keep eyes closed until the spray has settled.
- Always handle lenses gently and avoid dropping them.
- Avoid all harmful or irritating vapors and fumes while wearing lenses.
- Ask the eye care practitioner about wearing the lenses during sporting activities.
- Inform the doctor (health care practitioner) about being a contact lens wearer.
- Never use tweezers or other tools to remove lenses from the lens container unless specifically indicated for that use. Pour the lens into your hand.
- Do not touch the lens with fingernails.
- Always discard disposable lenses and lenses worn on a frequent replacement schedule after the recommended wearing schedule prescribed by the eye care practitioner.
- Always contact the eye care practitioner before using any medicine in the eyes.
- Always inform the employer of being a contact lens wearer. Some jobs may require use of eye protection equipment or may require that the patient not wear contact lenses.
- As with any contact lens, follow-up visits are necessary to assure the continuing health of the patient's eyes. The patient should be instructed as to a recommended follow-up schedule.

ADVERSE REACTIONS

The patient should be informed that the following problems may occur:

- Eyes stinging, burning, or itching (irritation), or other eye pain.
- Comfort is less than when the lens was first placed on the eye.
- Feeling that something is in the eye such as a foreign body or a 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 the patient notices any of the above, he or she should be instructed to:

- **Immediately remove the lenses.**
- If the discomfort or the problem stops, then look closely at the lens. If the lens is in some way damaged, do not put the lens back on the eye. Place the lens in the storage case and contact the eye care practitioner. If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, the patient should thoroughly clean, rinse, and disinfect both lenses; then reinsert them. After reinsertion, if the problem continues, the patient should **immediately remove the lenses and consult the eye care practitioner.**

When any of the above problems occur, a serious condition such as infection, corneal ulcer, neovascularization, or iritis may be present. The patient should be instructed to **keep the lens off the eye and seek immediate** professional identification of the problem and prompt treatment to avoid serious eye damage.

FITTING

Conventional methods of fitting contact lenses apply to all **Biomedics 1 Day Extra** contact lenses. For a detailed description of the fitting techniques, refer to the **Biomedics 1 Day Extra** Professional Fitting and Information Guide, copies of which are available from:

CooperVision, Inc.
711 North Road
Scottsville, New York 14546
1-800-341-2020
www.coopervision.com

WEARING SCHEDULE

The wearing and replacement schedules should be determined by the eye care practitioner. Patients tend to over-wear the lenses initially. The eye care practitioner should emphasize the importance of adhering to the initial maximum wearing schedule. Regular checkups, as determined by the eye care practitioner are also extremely important.

CooperVision recommends that all **Biomedics 1 Day Extra** lenses be discarded and replaced with a new lens on a frequent replacement basis. The eye care practitioner is encouraged to determine an appropriate lens replacement schedule based upon the response of the patient.

DAILY WEAR: (less than 24 hours, while awake). The maximum suggested wearing time is:

DAY	Hours	Day	Hours
1	6	4	12
2	8	5	14
3	10	6	All waking hours

LENS CARE DIRECTIONS

Eye care practitioners should review with the patient lens care directions, including both basic lens care information and specific instructions on the lens care regimen recommended for the patient.

- Always wash, rinse, and dry hands before handling contact lenses.
- Do not use saliva or anything other than the recommended solutions for lubricating or rewetting. Do not put lenses in the mouth.
- The patient should always have a spare pair of lenses at all times.

General Lens Care (As Prescribed For Planned Replacement Only):

Basic Instructions:

- Always use **fresh, unexpired** lens care solutions.
- Use the recommended chemical (not heat) system of lens care and carefully follow instructions on solution labeling. Different solutions cannot always be used together, and not all solutions are safe to use with all lenses. Do not alternate or mix lens care systems **unless indicated on solution labeling.**
- Lenses should be cleaned, rinsed, and disinfected each time they are removed. **Cleaning and rinsing** are necessary to remove mucus and film from the lens surface. **Disinfecting** is necessary to destroy harmful germs.
- Always remove, clean, rinse, (as recommended by the eye care practitioner) and disinfect lenses according to the schedule prescribed by the eye care practitioner. The use of an enzyme cleaner is not recommended.
- The eye care practitioner should recommend a care system that is appropriate for **Biomedics 1 Day Extra** contact lenses. Each lens care product contains specific directions for use and important safety information, which should be read and carefully followed.
- Note: Some solutions may have more than one function, which will be indicated on the label. Read the label on the solution bottle, and follow directions.
- **Clean** one lens first (always the same lens first to avoid mix-ups), rinse the lens thoroughly with recommended saline or disinfection solution to remove cleaning solution, mucus, and film from the lens surface, and put that lens into the correct chamber of the lens storage case. Then repeat the procedure for the second lens.
- **After cleaning**, and rinsing, **disinfect** lenses using the system recommended by the manufacturer and/or eye care practitioner.
- To store lenses, disinfect and leave them in the closed/unopened case until ready to wear. If lenses are not to be used immediately following disinfection, the patient should be instructed to consult the package insert or the eye care practitioner for information on the storage of lenses.
- After removing the lenses from the lens case, empty, and rinse the lens storage case with solution as recommended by the lens case manufacturer; then allow the lens case to air dry. When the lens case is used again, refill it with storage solution. Replace the lens case at regular intervals as recommended by the lens case manufacturer or your eye care practitioner.
- Eye care practitioners may recommend a lubrication/rewetting solution, which can be used to wet (lubricate) the lenses while they are being worn to make them more comfortable.

CHEMICAL LENS DISINFENCTION (Including Hydrogen Peroxide):

- **Clean** the contact lenses with a recommended cleaning solution and thoroughly rinse them with a recommended rinsing solution.
- **After cleaning** and rinsing, to **disinfect**, carefully follow the instructions accompanying the disinfecting solution in the eye care regimen recommended by the lens manufacturer or the eye care practitioner.
- When using hydrogen peroxide lens care systems, lenses **must be neutralized** before wearing. Follow the recommendations on the hydrogen peroxide system labeling.
- Thoroughly rinse lenses with a fresh solution recommended for rinsing before inserting and wearing, or follow the instructions on the disinfection solution labeling.
- **Do not heat the disinfection solution and lenses.**
- Leave the lenses in the unopened storage case until ready to put on the eyes.
- **CAUTION:** Lenses that are chemically disinfected may absorb ingredients from the disinfecting solution which may be irritating to the eyes. A thorough rinse in fresh sterile saline solution prior to placement in the eye should reduce the potential for irritation.

LENS CASE CLEANING AND MAINTENANCE

Contact lens cases can be a source of bacteria growth. Lens cases should be emptied, cleaned, and rinsed with solution recommended by the lens case manufacturer, and allowed to air dry. Lens cases should be replaced at regular intervals as recommended by the lens case manufacturer or the eye care practitioner.

CARE FOR A DRIED OUT (DEHYDRATED) LENS

If any **Biomedics 1 Day Extra** lens is exposed to air while off the eye, it may become dry and brittle. In this event, simply dispose of the lens and replace with a fresh one.

CARE FOR A STICKING (NONMOVING) LENS

If the lens sticks (stops moving or cannot be removed), the patient should be instructed to apply 2 to 3 drops of the recommended lubricating or rewetting solution directly to the eye and wait until the lens begins to move freely on the eye before removing it. If non-movement of the lens continues more than 5 minutes, the patient should immediately consult the eye care practitioner.

EMERGENCIES

The patient should be informed that if chemicals of any kind (household products, gardening solutions, laboratory chemicals, etc.) are splashed into the eyes, the patient should: **FLUSH THE EYES IMMEDIATELY WITH TAP WATER AND IMMEDIATELY CONTACT THE EYE CARE PRACTITIONER OR VISIT A HOSPITAL EMERGENCY ROOM WITHOUT DELAY.**

HOW SUPPLIED

Each lens is supplied sterile in a blister containing buffered saline solution. The blister is labeled with the base curve, diameter, dioptric power, manufacturing lot number, and expiration date of the lens.

***DO NOT USE IF THE BLISTER IS BROKEN OR
THE SEAL HAS BEEN DAMAGED***

REPORTING OF ADVERSE REACTIONS

All serious adverse experiences **Biomedics 1 Day Extra D** contact lens or experienced with the lenses should be reported to :



Attn: Product Services
711 North Road
Scottsville, New York 14546
(800) 341-2020
www.coopervision.com

Juana Diaz, PR 00795

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