# MyDay® daily disposable multifocal fitting guide.

**Featuring the CooperVision® Binocular Progressive System.™**


- → Designed for simplicity of fit.
- → Highly effective and successful[1,2] fitting approach.
- → Supported by OptiExpert.™


## Initial lens selection.

**Step 1** Using up-to-date spectacle prescription, determine spherical equivalent distance power (corrected for vertex distance).

**Step 2** Determine eye dominance with **+1.00D** blur method.

**Step 3** Select distance sphere power for each eye with add powers as indicated below.

| INITIAL CONTACT LENS SELECTION | | |
|---|---|---|
| Spectacle Rx Add | Dominant Eye | Non-Dominant Eye |
| +0.75D to +1.25D | LOW | LOW |
| +1.50D to +1.75D | LOW | MED |
| +2.00D to +2.50D | LOW | HIGH |

## Vision assessment.

- → For best results, allow wearer to experience vision outside the testing room for 10-15 minutes.
- → Check vision with both eyes open and room lights on.
  - For **distance vision**, assess in surrounding environment under normal lighting conditions.
  - For **near vision**, assess using a mobile phone or other reading material.
- → If vision acceptable, dispense trial lenses.
- → If vision not acceptable, follow the lens optimisation steps described to the right.

## Lens optimisation.

TIP Have patient keep both eyes open and optimise using handheld lenses or a flipper; do not use a phoropter.

DO NOT CHANGE ADD POWER.

| DISTANCE VISION ENHANCEMENT | |
|---|---|
| | For Dominant Eye |
| Adjustment Steps | ±0.25D |

| NEAR VISION ENHANCEMENT | |
|---|---|
| | For Non-Dominant Eye |
| Adjustment Steps | ±0.25D |

1. CVI data on file 2020. Prospective, double-masked, bilateral, one-week dispensing study UK with MyDay® daily disposable multifocal; n=104 habitual multifocal contact lens wearers;
2. CVI data on file 2021. Prospective, subject-masked, randomised, bilateral, two-week dispensing study at five US sites with MyDay® daily disposable multifocal; n=58 habitual multifocal contact lens wearers.

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OptiExpert™ is available for mobile and tablet devices or as a web app.

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## Product specifications.

### MyDay® daily disposable multifocal.

| | |
|---|---|
| Base Curve | 8.4 mm |
| Diameter | 14.2 mm |
| Power Range | +8.00D to -10.00D (0.25D steps)<br>-10.50D to -12.00D (0.50D steps) |
| Add Power | Low (+0.75D to +1.25D spectacle Rx add)<br>Med (+1.50D to +1.75D spectacle Rx add)<br>High (+2.00D to +2.50D spectacle Rx add) |
| Material | stenfilcon A |
| Dk/t (at -3.00D) | 100 |
| Centre thickness | 0.08mm |
| UV Blocking* | 85% UVA/96% UVB |

*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. Patients should continue to use UV-absorbing eyewear as directed.

1. CVI data on file, 2020. Prospective, double-masked, bilateral, one-week dispensing study with MyDay® daily disposable multifocal; n=104 habitual multifocal contact lens wearers.

MyDay MF Fitting Guide

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## Clinical tips.

TIP

→ Prescribe maximum plus power for binocular distance vision; do not over minus.

→ Use loose handheld lenses or flipper for over-refractions. Do not use a phoropter.

- If distance vision needs to be enhanced, offer ±0.25D to the dominant eye. If distance vision improves, check that near vision is maintained. Adjust the lens sphere power as applicable for the dominant eye. DO NOT CHANGE ADD POWER.
- If near vision needs to be enhanced, offer ±0.25D to the non-dominant eye. If near vision improves, check that distance vision is maintained. Adjust the lens sphere power as applicable for the non-dominant eye. DO NOT CHANGE ADD POWER.

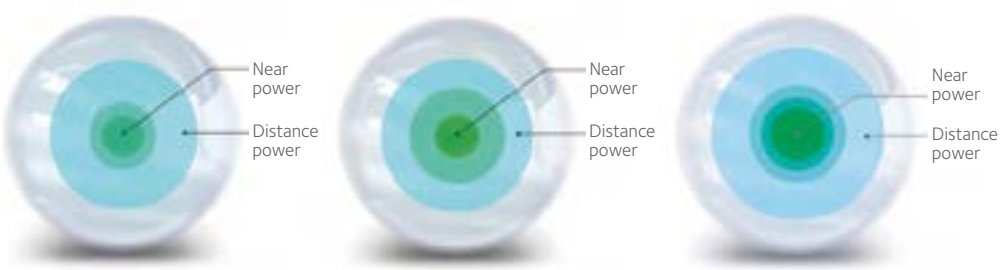
## CooperVision® Binocular Progressive System.™

The Binocular Progressive System™ is designed to help presbyopes achieve the vision experience they once had. It offers presbyopes optimal visual acuity at all distances,[1] even as their prescriptions and vision needs change.

**Low Add.**
Aspheric centre-near design

**Medium Add.**
Aspheric centre-near design

**High Add.**
Spherical centre-near design, with dual intermediate zones

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