

FITTING GUIDELINES AND VISION ENHANCEMENT GUIDE

3 Simple Steps to Success

IDEAL PATIENT CRITERIA FOR PRESBYOPES:

Symptomatic presbyopes, current contact lens wearers or those motivated to wear contact lenses, normal cornea, astigmatism $\leq 1.00D$

IDEAL PATIENT CRITERIA FOR MYOPES:

Any myopic child is a potential candidate since studies have shown that there are no safe levels of myopia.¹ Use clinical judgment to assess potential myopic progression risk

See Naturally[®]

Follow these best practices for NaturalVue[®] (etafilcon A) Multifocal 1 Day Contact Lenses when fitting patients.

1 Starting Power



Refract to 6/4.5



Use the best corrected spectacle refraction (BCSR) using the full cylinder component



Use the Red/Green (Duochrome) test for a binocular check that the patient is not overplussed (one click into the Green for best starting point)



Then enter that full spectacle refraction into the NaturalVue[®] Multifocal QuickStart Calculator²

2 Settle for 10 minutes

Let lenses settle 10 minutes & distance vision will begin to clear

3 Evaluate & Enhance - Distance First; then Near

Do NOT over-refract with the phoropter, flippers, loose trial lenses or trial frames. Make ON-EYE Diagnostic Lens Changes, if necessary. You are likely only 0.25D away from SUCCESS:

- **To enhance DISTANCE:** CHANGE THE DIAGNOSTIC LENS POWER on DOMINANT eye only by -0.25D (up to -0.50D) – one lens change at a time and then in the NON-DOMINANT eye by -0.25D only if needed.
- **To enhance NEAR:** CHANGE THE DIAGNOSTIC LENS POWER on NON-DOMINANT eye by +0.25D (up to +0.50D) – one lens change at a time and then in the DOMINANT eye by +0.25D only if needed.

1. Flitcroft, D. (2012). The complex interactions of retinal, optical and environmental factors in myopia aetiology. *Progress in Retinal and Eye Research*, 31(6): 622-660.

2. The NaturalVue[®] Multifocal QuickStart Calculator is available at www.naturalvuecalculator.com, or as an app from the Apple[®] App Store[®] and Google Play[™]. Google Play and the Google Play logo are trademarks of Google Inc. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

NaturalVue® (etafilcon A) Multifocal 1 Day Contact Lenses



- For patients, a 0.25D lens change can greatly impact vision. Listen to the patient. If the patient says vision is not clear, **change the on-eye lens power**. Make a 0.25D change in the power, **one eye at a time**, starting with -0.25D on the dominant eye to refine distance. To refine near, once distance is optimised, start with +0.25D change on the non-dominant eye.
- Presbyopic patients in monovision or centre near multifocal designs may not have been using their central vision in both eyes for distance. It may take them a few days to fully adapt to this change. (Please see Stepwise Approach)

For any questions or issues regarding fitting:

- ✓ Verify best corrected spectacle refraction used
- ✓ Use Red/Green (Duochrome) test to verify Rx is not overplussed
- ✓ Use the NaturalVue® Multifocal QuickStart Calculator
- ✓ Check that lenses have settled 10 minutes

Issue	Change the on-eye lens, one eye at a time
Distance vision not clear	Dominant: Change diagnostic lens -0.25 (-0.50 if needed) Non-Dominant: Change diagnostic lens -0.25 only if needed
Near vision not clear	Non-Dominant: Change diagnostic lens +0.25 (+0.50 if needed) Dominant: +0.25 only if needed
Glare, Halos, vision seems "different"	Dominant: Change diagnostic lens -0.25 (-0.50 if needed) If Centre Near MF wearer or monovision, advise may take 2-3 days to adapt
Issues with driving at night	Dominant: Change diagnostic lens -0.25 (-0.50 if needed)
Vision is clear but feels strange, 3D effect, things jumping out at them	Dominant: Change diagnostic lens -0.25 (-0.50 if needed) If Centre Near MF wearer or monovision, advise may take 2-3 days to adapt
Have been adding minus and distance still not clear	Recheck that Best Corrected Spectacle Refraction is used. Duochrome is one click into green and NaturalVue® QuickStart Calculator is used
Vision fluctuating, going in and out, feels like have to stare at something to focus; Signs of over-minus	Non-Dominant: Change diagnostic lens +0.25 (+0.50 if needed) Dominant: +0.25 only if needed

For additional fitting support, contact Technical Consultation:

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General E-mail: info@vtivision.ca