

# ACUVUE® BIFOCAL Fitting Guide

## 1 Patient selection

- ▶ Best sphere refraction (vertex corrected) between -9.00D and +6.00D
- ▶ Cylinder correction less than -1.00D
- ▶ Add up to +2.50D

## 2 Set patient expectations

- ▶ See near and far in all directions
- ▶ May experience a 'softer focus'
- ▶ Can do most day-to-day activities
- ▶ Lens adjustments may be necessary

## 3 Spectacle prescription

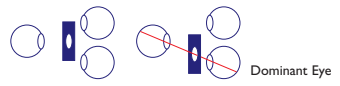
- ▶ Perform precise binocular refraction (ensure most plus, least minus)
- ▶ Convert spectacle prescription to distance best sphere (eg. Spectacle Rx -2.50D/-0.75D x 180 Best sphere = -3.00D)
- ▶ Confirm the best vision sphere clinically

Cyl value	Spherical adjustment
-0.25D	add -0.25D
-0.50D	add -0.25D
-0.75D	add -0.50D
-1.00D	add -0.50D

## 4 Determine ocular dominance

- ▶ Essential for making adjustments

**Preferential alignment:**



OR

- ▶ With distance Rx in place

**+2.00D Blur Test:**

+2.00D trial lens placed over one eye followed by the other  
Greater blurring is reported when the +2.00D lens is held over the dominant eye

## 5 Select trial lens power

**Distance power:**

- ▶ Use Best Sphere as found above in Step 3
- ▶ Adjust for vertex correction if greater than +/-4.00D

Spectacle ADD	ACUVUE® BIFOCAL ADD power
+0.75D to +1.25D	+1.00D
+1.50D to +1.75D	+1.50D
+2.00D to +2.25D	+2.00D
+2.50D	+2.50D*

\* In dominant eye, add extra -0.50D to distance prescription or reduce ADD to +1.50D

**ADD power:**

- ▶ Select the lower ADD power from either the 'Spectacle ADD' or the 'ACUVUE® BIFOCAL ADD powers by age' tables

Age	ACUVUE® BIFOCAL ADD power
40 - 46	+1.00D
47 - 52	+1.50D
53 - 59	+2.00D
60+	+2.50D*

## 6 Insert lenses

- ▶ Confirm that the 'inside out indicator' reads '123'
- ▶ An inside out lens may be comfortable, but will result in poor and unstable vision

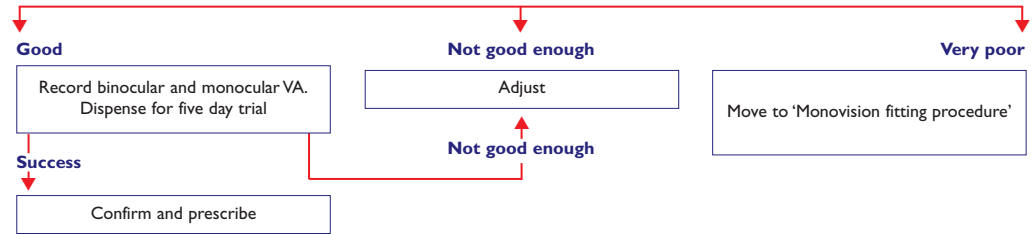


## 7 Wait at least 20 minutes

- ▶ Neurological adaptation

## 8 Assessment

- ▶ Assess subjective distance and near vision
- ▶ Use trial frame NOT phoropter
- ▶ Use +/-0.25D flippers



## 9 Lens adjustment



▶ Wait at least 10 minutes



▶ After every adjustment check distance and near vision



▶ Assess subjective distance and near vision

### Improve distance vision



1) Increase distance power in -0.25D steps in the dominant eye first or in both eyes if required



*Additional minus only effective if improvement of 1/2 to 1 line of Snellen acuity is achieved, if not*

2) Decrease reading add by 0.50D in the dominant eye first, or in both eyes if required by changing the contact lens(es)



\* For a reading add of +2.50D, decrease reading add by 1.00D in the dominant eye → resulting in a reading add of +1.50D

### Improve near vision



1) Increase distance power in +0.25D steps in the non-dominant eye first or both eyes if required



or

2) Increase the reading add by 0.50D in the non-dominant eye first or both eyes if required by changing the contact lens



- ▶ Decreasing the reading add in the dominant eye is the most effective adjustment to improve distance vision
- ▶ Increasing distance plus power in the non-dominant eye is the most effective adjustment to improve near vision
- ▶ Make a maximum of two adjustments
- ▶ If patient is happy – move to step 10a. If not, trial enhanced monovision (10b) or monovision (10c)

## 10 Assessment

- ▶ Assess subjective distance and near vision

### 10a Good

Check both monocular and binocular vision - distance and near  
Trial for 5 days

### Success

Confirm and prescribe

### 10b Not good enough for distance after 2 adjustments

'Enhance monovision fitting procedure'

- ACUVUE® 2 single vision in dominant eye (distance Rx)
- ACUVUE® BIFOCAL in non-dominant eye

#### Bifocal Rx

##### Distance power

- If spectacle add  $\leq +1.50D$ , add +0.50D to distance Rx
- If spectacle add  $\geq +1.50D$ , add +0.75D to distance Rx

##### Near power

Choose ACUVUE® BIFOCAL add power as previously described (step 5)

### 10c Not good enough for near after 2 adjustments

Move to 'Monovision fitting procedure'

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