



USE ONLY THE LENS CASE PROVIDED  
DO NOT PUT DIRECTLY IN YOUR EYE

Please read carefully and keep this package insert for future use

## Refine One Step™

3% Hydrogen Peroxide Lens Care System

Refine One Step is a one step, cleaning, disinfecting, neutralizing and storage lens care system for soft (hydrophilic) contact lenses replaced in 30 days or less.

### **DESCRIPTION**

Refine One Step hydrogen peroxide consists of the following:

- Refine One Step hydrogen peroxide solution
- Platinum disc neutralizer
- Barrel lens case

### **INGREDIENTS:**

Refine One Step HYDROGEN PEROXIDE SOLUTION

### **CONTAINS:**

Sterile 3% hydrogen peroxide, 0.00025% Poloxamer, stabilized with phosphonic acid and buffered with phosphates.

### **ACTIONS**

Refine One Step hydrogen peroxide cleans, disinfects, neutralizes and stores soft contact lenses in one easy step. It contains a gentle surfactant cleaner. Refine One Step hydrogen peroxide destroys harmful microorganisms on the surface of the lens.

**NOTE:** Refine One Step HYDROGEN PEROXIDE CONTAINS NO THIOMERSAL OR CHLORHEXIDINE PRESERVATIVES

### **INDICATIONS**

Refine One Step hydrogen peroxide is a preservative free multi-function system indicated for the use in the daily chemical (not heat) disinfection, cleaning, neutralization and storage of soft (hydrophilic) contact lenses replaced in 30 days or less, as recommended by the eye care professional.

### **CONTRAINDICATIONS**

There are no known contraindications for use of this product. However, if you are allergic to any ingredient in the Refine One Step hydrogen peroxide lens care system, DO NOT use.

### **WARNINGS**

**PROBLEMS WITH CONTACT LENSES AND LENS CARE PRODUCTS COULD RESULT IN SERIOUS INJURY TO THE EYE. Follow your eye care professional's directions and all**



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**labelling instructions for proper use and care of your lenses and lens care products, including the lens case. Eye problems, including corneal ulcers, can develop rapidly and lead to loss of vision. Daily wear lenses are not indicated for overnight wear and should not be worn while sleeping.**

Clinical studies have shown the risk of serious adverse reactions is increased when these lenses are worn overnight. Extended wear lenses should be regularly removed for cleaning and disinfection or for disposal and replacement on the schedule prescribed by your eye care professional. Clinical studies have shown that there is an increased incidence of serious adverse reactions in extended wear contact lens users as compared to the daily wear contact lens users. Studies have also shown that the risk of serious adverse reactions increases the longer extended wear lenses are worn before removal for cleaning and disinfection or for disposal and replacement. Studies have also shown that smokers have a high incidence of adverse reactions. If you experience eye discomfort, excessive tearing, vision changes, or redness of the eye, immediately remove your lenses and promptly contact your eye care professional. All contact lens wearers should see their eye care professional as directed.

**KEEP Refine One Step hydrogen peroxide solution OUT OF THE EYES**

- ALWAYS USE the platinum disc with Refine One Step solution to NEUTRALIZE YOUR LENSES BEFORE APPLYING THEM TO YOUR EYES. Do not wear the lenses unless you have allowed them to soak for at least SIX (6) hours in your Refine One Step hydrogen peroxide solution with the platinum disc neutralizer, as directed.
- Only use Refine One Step hydrogen peroxide lens case containing the platinum disc when using Refine One Step hydrogen peroxide lens care system.
- Do not use Refine One Step hydrogen peroxide solution to rinse your contact lenses.
- If Refine One Step hydrogen peroxide solution accidentally comes in contact with the eyes, it may cause burning, stinging or redness. Remove your lens(es) immediately and flush your eyes with a large amount of water or sterile saline. If burning or irritation continues, seek professional assistance from an eye care professional.
- If Refine One Step hydrogen peroxide solution is accidentally swallowed, an upset stomach and vomiting may result. Seek immediate professional medical assistance or contact a poison control center (1-800-222-1222).
- NOT for use with heat (thermal) disinfection
- DO NOT use the Refine One Step hydrogen peroxide lens case for more than 31 uses or 1 month of daily use.
- Discard contents of bottle 3 months after first opening. Using Refine One Step hydrogen peroxide solution beyond the discard date could result in contamination of the solution and can lead to severe infection, vision loss or blindness.
- To avoid contamination of the solution, DO NOT touch tip of container to any surface and DO NOT transfer the solution to another bottle or container. Always replace cap after using. Contamination of the solution and can lead to severe infection, vision loss or blindness.
- Do not rinse your lens case with water or any non-sterile solution. Only rinse your lens case with sterile un-preserved saline solution so you do not contaminate your



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- lens case. Use of water or any non-sterile solution can lead to severe infection, vision loss or blindness.
- Do not reuse Refine One Step hydrogen peroxide solution or ‘top off’ old solution left in your lens case. Reuse of solution reduces effective lens disinfection and could lead to severe infection, vision loss or blindness. ‘Topping off’ is the addition of fresh solution to solution that has been sitting in your lens case.
  - Never use water, saline solution, or rewetting drops to disinfect your lenses. These solutions will not disinfect your lenses. Not using the recommended disinfecting system can lead to severe infection, vision loss or blindness.

### **PRECAUTIONS**

- DO NOT USE OVER-THE-COUNTER GENERIC HYDROGEN PEROXIDE because generic hydrogen peroxide solutions are not intended for use with contact lenses and may contain ingredients that have not been tested for ocular safety.
- Store Refine One Step hydrogen peroxide solution below 25°C/77°F.
- Use before the expiration date marked on the container and carton.
- Keep the bottle tightly closed when not in use.
- Do not shake/invert the lens case during the disinfection process.
- If your contact lenses have been stored in Refine One Step hydrogen peroxide solution for more than 24 hours, repeat the neutralization process again following the directions for use.
- If peroxide spills onto your fingers/hands, wash with water thoroughly.
- Keep out of the reach of children.
- Always discard the remaining solution from the lens case after each use.
- Once bottle is open, discard any remaining solution after 3 months.

### **ADVERSE REACTIONS (Problems and what to do)**

The following problems may occur: eyes sting, burn or itch (irritation), comfort is less than when lens was first placed on the eye, feeling of something in the eye (foreign body, scratched area), excessive watering (tearing) of the eye, unusual eye secretions, redness of the eye, reduced sharpness of vision (poor visual acuity), blurred vision, rainbows or halos around objects, sensitivity to light (photophobia), or dry eyes.

**If you notice any of the above:**

### **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. Place the lens in the storage case and contact your eye care professional.
- If the lens has dirt, an eyelash, or other foreign body on it, or the problem stops and the lens appears undamaged, thoroughly clean, rinse and disinfect the lens, then reinsert it.
- If the problem continues, IMMEDIATELY remove the lens and consult your eye care professional.



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If any of the above symptoms occur, a serious condition such as infection, corneal ulcer, neovascularization or iritis may be present. Seek immediate professional identification of the problem and prompt treatment to avoid serious eye damage.

All adverse reactions observed while using should be reported to:

CooperVision, Inc.

711 North Road Scottsville, NY 14546 USA

1-800-341-2020

**DIRECTIONS FOR USE:**

- Always wash and rinse your hands before handling your lenses. This will help to prevent eye infections by removing dirt and oils that could get on the lenses.
- Use only the solutions recommended by your eye care professional. Seek advice from your eye care professional before making any changes to your care regimen to ensure compatibility with lenses.
- Always follow the directions for use in the labelling included with the solution

To open bottle, turn cap counterclockwise. The cap has a tamper evident ring that breaks when it is turned counterclockwise. Do not use if the ring is broken before the first use. Replace cap after use.

To obtain cleaning and disinfection the following steps must be completed:

1. Wash, rinse and dry your hands thoroughly before handling your lenses.
2. Open the lens case and place each contact lens into the appropriately marked L/R dome of the lens holder.
3. Thoroughly rinse each lens while in the lens holder for 5 seconds with fresh Refine One Step hydrogen peroxide solution. Only use lens case containing the platinum disc neutralizer when using Refine One Step hydrogen peroxide solution.
4. Fill the lens case up to the marked line Refine One Step hydrogen peroxide solution. Do not overfill the lens case.
5. Place the lens holder into the lens case and close securely. Important: Do not over tighten the lens case cap.
6. Allow your lenses to soak for at least 6 hours or overnight ensuring that the lens case is in an upright position and that the lenses are fully immersed in the Refine One Step hydrogen peroxide solution. Do not shake/invert the lens case during the disinfection process.
7. After a period of at least 6 hours, your lenses may be removed from the lens case and worn.
8. Always discard the remaining solution from the lens case.
9. Rinse the lens case thoroughly with un-preserved sterile saline (never use tap water) and leave it open to air dry.

Your eye care professional may recommend additional products or procedures (such as rubbing your lenses with a separate daily cleaner and rinsing with saline) to care for your lenses based on your individual tear chemistry and lens wearing schedule. Always follow your eye care professional's instructions.



Refine One Step hydrogen peroxide solution is available for purchase in cartons of either:

1 x 12 fl oz (1 x 355ml) with barrel case each containing a platinum disc

or

1 x 3.4 fl oz (1x 100ml) with barrel case each containing a platinum disc

PRODUCT INFORMATION: TOLL -FREE: 1-855-5-COOPER or 1-855-526-6737

Manufactured in the UK for:  
CooperVision, Inc.  
711 North Road  
Scottsville, NY 14546 USA  
1-800-341-2020