
Guidance

Hygienic Management of Multipatient Use of Trial Lenses

Guidance for Eye Care Practitioners to be used in conjunction with trial lenses manufactured from RGP, Hydrogel and Silicone Hydrogel materials manufactured by UltraVision CLPL Ltd

1. INTRODUCTION

In general contact lens practice, it is sometimes necessary to use a trial lens in order to determine the optimal fitting contact lens for a patient. In cases where the trial lenses are complex/expensive to manufacture, it can be impractical to dispose and reorder lenses after each use.

To re-use such contact lenses, careful attention to cleaning, disinfection (or sterilisation) and storage is necessary. The cleaning step is not specified in this document, as it does not differ from the cleaning of contact lenses for end users.

The hygienic management of multipatient use differs from the requirements of hygienic management for contact lenses for individual use and from surface disinfection used in hospitals.

2. REFERENCES

Information contained in this document is drawn from ISO 18369-1, Ophthalmic optics - Contact lenses: Part 1: Vocabulary, classification system and recommendations for labelling specifications

3. DEFINITIONS

3.1. Trial/diagnostic contact lenses

Contact lenses used by a practitioner or fitter for the purpose of selecting the appropriate contact lens parameters for the intended wearer.

3.2. Multipatient use trial contact lens

Trial contact lens permitted to be used on more than one person

3.3. Competent personnel

Personnel qualified or trained for the hygienic conditioning of contact lenses

4. GENERAL INFORMATION RELATING TO MULTIPATIENT USE OF TRIAL CONTACT LENSES

4.1. Precaution against infection

If contact lenses are used in persons, which are known to be infected with

- Herpes simplex (cornea)
- Hepatitis
- HIV
- Adenovirus

Use disposable/single use gloves and dispose of trial contact lenses immediately.

NB: The list of infectious diseases is not limited and local regulations should be checked for any additions. Additionally, local regulations governing the disposal of biohazardous waste can apply.

4.1.1. Waste disposal

When it is necessary to dispose of any lenses, containers or solutions, due to reasons mentioned in 4.1, the items should be treated as "biohazardous" waste.

NB: Local regulations governing the disposal of biohazardous waste can apply.

4.1.2. Work Surfaces

Work surfaces should be cleaned on a daily basis and in case of visible contamination, the surface should be disinfected with an approved surface disinfectant.

4.1.3. Hand washing

Wash and dry your hands before and after each patient fitting with a surgical scrub or a liquid soap. Dry your hands on a new paper towel.

Drying the hands reduces the chance of spreading water-borne organisms such as Acanthamoeba.

More information on hygienic hand washing can be found here:

www.who.int/gpsc/5may/How_To_Handwash_Poster.pdf

4.1.4. Hand disinfection

A biocidal/alcohol hand rub may be used after handwashing. Hygienic hand disinfection is required even before the use of gloves. Make sure your hands are dry and free from alcohol before touching the contact lens, a lens contaminated with alcohol will cause ocular tissue irritation.

4.2. Cleaning of contact lenses

Clean and rinse the contact lens **before and after** use according to the instructions of the manufacturer of the cleaning solution.

Removing particulate debris from a contact lens ensures a more effective use of the soaking solution.

4.3. Sterilisation/disinfection of contact lenses

The following methods of sterilization and/or disinfection are to be used during hygienic management.

- Most contact lens types can be disinfected using a hydrogen peroxide solution
- Sterilisation with moist heat is only applicable for **hydrogel lenses**

4.4. Number of re-uses/time in use

Hydrogel: All lenses stored in a soaking solution shall be discarded after 10 times of use **OR** 12 months from first use, whichever comes first

Silicone Hydrogel: All lenses stored in a soaking solution shall be discarded after 10 times of use **OR** 3 months from first use, whichever comes first

RGP: All lenses stored in a soaking solution shall be discarded after 10 times of use **OR** 12 months from first use, whichever comes first

4.5. When re-using contact lenses

The contact lens must be inspected before and after every use. If the lens is damaged or its physical appearance has changed, *discard the lens*.

4.6. Contact lens containers

Information regarding suitable contact lens care systems for our lenses can be found on our website:

<http://ultravision.co.uk/patient/lens-care/solutions-cleaners/>

Use an appropriate container for chemical management as supplied by the solution manufacturer and follow their recommendations for their care and upkeep.

5. STERILISATION/DISINFECTION PROCEDURES

5.1. Labelling

Records should be kept of the following:

- Date of the last disinfection and type; chemical management or heat sterilisation and who carried out the procedure.
- Specifications and LOT number of contact lenses used

5.2. Personnel

Personnel carrying this procedure should be appropriately trained with supporting training records.

Practitioners should log patients' reference, the date of use, the date of hygienic management and the contact lens details.

5.3. Sterilisation procedures

5.3.1. Moist heat

Full guidance on this method of sterilisation can be found in ISO/TS 19979:2014

Note: This type of sterilisation is **ONLY** suitable for hydrogel contact lenses.

5.4. Disinfection procedures: Hydrogen peroxide Solution H₂O₂

5.4.1. Preparation

Use the contact lens case and/or holder provided by the solution manufacturer. Applicable for RGP, Silicone Hydrogel and Hydrogel lenses.

5.4.2. Procedure

- Fill container with appropriate volume of 3% hydrogen peroxide solution
- Close the container securely.
- **Disinfection**
 - Soak the lens according to the information provided by the solution manufacturer for at least 3 hours, prior to neutralisation.
- **Neutralisation**
 - Add neutralisation tablet or discard peroxide solution and refill container with appropriate volume of neutralisation solution.
 - Securely tighten lid.
 - Shake vigorously for 10 to 15 seconds and soak for the appropriate neutralisation time
 - Open lens case, remove lens holder or similar.
 - Shake off residual drops.
 - Discard the neutralising solution.

The manufacturer of the neutralising product defines the neutralising time.

One step hydrogen peroxide systems are not applicable

6. STORAGE OF STERILISED /DISINFECTED CONTACT LENSES

6.1. Wet storage

Hydrogel and Silicone hydrogel lenses cannot be stored dry. They are stored in containers with appropriate contact lens care solution.

- Fill container with appropriate preserved soaking solution.
- To avoid skin contact use sterile tweezers.
- Re-insert lens/holder and close the container

Heat sterilised lenses are stored in a sealed container until next use.

6.1.1. Duration of storage

- For disinfected lenses stored in soaking solution, repeat the procedures if the contact lens has not been used for 28 days.
- For number of re-uses see **section 4.4**

6.2. Dry storage

Suitable for RGP contact lenses only

- Dry contact lens with a clean paper tissue
- Insert lens in appropriate container and close securely.