



M-Club

Dry Eye Drops

One of the lesser-known symptoms of menopause is Dry Eye Disease. This occurs when your eyes don't produce enough tears, or the tears evaporate too quickly. If your eyes have started to feel gritty, sore or watery, or if your vision has become blurry and your eyelids red or puffy, you may have Dry Eye Disease. The tear film keeps the front of your eyes lubricated, keeping them feeling comfortable, aiding clear vision and helping protect against infections. However, during perimenopause and menopause, hormonal changes can throw this delicate balance off. As hormone levels drop, so does tear production, leading to Dry Eye Disease. Air conditioning, heat, screen time and certain medications can make things worse, but there are products and management techniques from M-Club that can make the journey easier.

Instructions for use

Eye Drops 0.3 % – Sodium hyaluronate 3 mg/ml, sterile, preservative free

Ingredients:

Sodium hyaluronate 3 mg/ml, sodium chloride, potassium chloride, disodium phosphate dodecahydrate, sodium dihydrogen phosphate dihydrate, magnesium chloride hexahydrate, calcium chloride dihydrate, sodium hydrogen carbonate, purified water

Indication and clinical benefit:

For intensive lubrication of the eye surface in case of dry, irritated, strained or burning eyes resulting from dry eye syndrome and environmental factors (e.g., medications, pollution, screen use, air conditioning, allergy, wetting contact lenses during wear) as well as after eye surgery. The eye drops can also be used with hard or soft contact lenses.

Performance characteristics:

Preservative free aqueous solution based on hyaluronate and electrolytes providing supplemental lubrication and hydration to the eye.

Application:

The eye drops can be used as required. In general 4 times per day is recommended. Overdose is not possible due to method of application and composition. Apply the eye drops onto the surface of the eye or into the conjunctival sac.

Tips for correct use:

- We recommend carefully washing your hands before applying the eye drops.
- Before using the eye drops, remove the protective cap from the tip of the bottle (see Fig. 1).
- Place your thumb on the ergonomically formed thumb rest and wrap your other fingers around the lower part of the bottle (see Fig. 2).
- Turn the bottle upside down and hold it as shown in the illustration. If you are using the pump for the first time, you will first need to perform a few pressing movements before the first drop appears (see Fig. 3).
- Tilt your head back slightly and hold the bottle vertically above your eye. Pull your lower eyelid down with one of your fingers and hold the bottle vertical while carefully pressing against the thumb rest to apply a drop onto your eye (see Fig. 4).
- To prevent the risk of contaminating the solution, make sure that the dropper tip does not come into contact with your eyes or fingers (See Fig. 4).

Once you have finished, always place the protective cap straight back on the dropper tip (See Fig. 5).

Contraindications:

The eye drops should not be used in the presence of a hypersensitivity to any of the ingredients.

Notes:

- Please note that your vision may be temporarily affected immediately following the use of the product.
- If discomfort persist or getting worse, consult a healthcare professional.
- Do not use simultaneously with other eye medicines use because the effect of the preparations may be altered. In principle, if other eye drops / ointments are used, an interval of approx. 30 minutes between using the different products should be adhered to.
- In very rare cases, calcification of the cornea in association with the use of eye drops with a high phosphate concentration has been reported in patients with significant damage to the cornea. Dry Eye Drops contain only a physiological concentration of phosphate so that their use is in principle not restricted even in case of existing severe corneal disorders / damage. If other eye drop preparations are also used, however, their phosphate concentration should be borne in mind in this regard since, particularly in the case of anti-glaucomatous agents or anti-allergy agents, they may contain high phosphate concentrations.

Side effects:

In very rare cases hypersensitivity reactions may occur, which subside quickly and without consequences after discontinuation. In this case, the product should not be used again. In case of any serious incident that has occurred in relation to this medical device, report to the manufacturer or your competent authority.

Shelf-life and storage:

Recommended storage: room temperature, do not freeze

Keep out of reach of children.

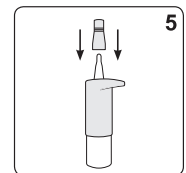
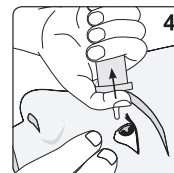
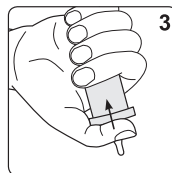
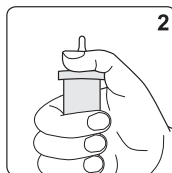
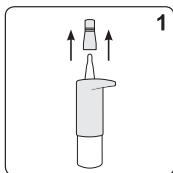
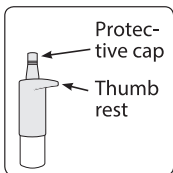
Can be used for 6 month after first use.

Disposal according to local requirements.

Do not use after the expiry date.

REF MCLUB011

MCLUB011-IFU-V1-NOV24
Date of last revision: 2024-11



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STERILE A



MD

Symbols:

Manufacturer
 Expiry date
(YYYY-MM: Year-Month)
 Batch-number
 Manufacturing date
(YYYY-MM: Year-Month)

Observe instructions for use

Do not use if the bottle is damaged

Can be used up to 6 months after first use.

STERILE A

Sterilised using aseptic processing techniques