

DRY EYE

Updated dry eye guide 2018

This week **Caroline Christie** presents an up-to-date guide, listing the currently available dry eye management preparations in the UK

| Product Name | Lubricant | Preservative | Size | Suitable for CLs | Company | Notes | Dynamic Viscosity cPs | Osmolarity mOsm/kg |
|------------------------------------|--|------------------------------|-------------------------------|------------------|--------------------------|--|-----------------------|--------------------|
| Artelac Rebalance | Sodium hyaluronate 0.15%, Polyethylene Glycol 8000 0.5% + Vit B12 | Oxyd~ | 10ml | ✓ | Bausch & Lomb | Aqueous/general deficiency mild | 2 | 250-300 |
| Artelac Nighttime Gel* | Carbomer 0.2% + Triglycerides | Centrimide | 10g | | Bausch & Lomb | Aqueous/lipid deficiency, more severe dry eye, day or night use | Not applicable | Not applicable |
| Biotrue Rewetting Drops | Sodium hyaluronate 0.24% | None | 10ml | ✓ | Bausch & Lomb | Aqueous/general deficiency, contact lens wearers | Not supplied | Not supplied |
| Biotrue Rewetting Drops Unit Dose | Sodium hyaluronate 0.2% | None | 30 x 0.5ml | ✓ | Bausch & Lomb | Aqueous/general deficiency, contact lens wearers | Not supplied | Not supplied |
| Blink Contacts Eye Drops | Sodium hyaluronate 0.15% | Ocupure~ 0.005% | 10ml | ✓ | Johnson & Johnson Vision | Aqueous/general deficiency, contact lens wearers | 6 | 280 |
| Blink Contacts Eye Drops Unit Dose | Sodium hyaluronate 0.15% | None | 20 x 0.35ml | ✓ | Johnson & Johnson Vision | Aqueous/general deficiency, contact lens wearers | 5.5 | 267 |
| Blink Intensive Tears Unit Dose | Sodium hyaluronate 0.2% + Polyethylene glycol 400 0.25% | None | 20 x 0.35ml | # | Johnson & Johnson Vision | Aqueous/general deficiency, moderate | 12.2 | 174 |
| Blink Intensive Tears | Sodium hyaluronate 0.2% + Polyethylene glycol 400 0.25% | Ocupure~ 0.005% | 10ml | # | Johnson & Johnson Vision | Aqueous/general deficiency, moderate | 12 | 175 |
| Blink Intensive Tears PLUS | Sodium hyaluronate 0.38% + Polyethylene glycol 400 0.25% | Ocupure~ 0.005% | 10ml | | Johnson & Johnson Vision | Aqueous/mucous deficiency, more severe dry eye, day or night use | 50 | 170 |
| Blink Intensive Triple Action | Liposomes 5%, Sodium hyaluronate 0.38%, Polyethylene Glycol 400 0.25% + Vitamin E polyethylene glycol succinate (TGPS) | Polyhexanidemethyl biguanide | 10ml | | Johnson & Johnson Vision | Triple action formula including lipid enhancement (shake before use) | Not supplied | 300 |
| Blink Refreshing Unit Dose | Polyvinyl alcohol 1.4% | None | 20 x 0.35ml | ✓ | Johnson & Johnson Vision | Aqueous/general deficiency mild | 3.5 | 300 |
| Blink Refreshing Eye Drops | Polyvinyl alcohol 1.4% | Ocupure~ 0.005% | 10ml | ✓ | Johnson & Johnson Vision | Aqueous/general deficiency mild | 6 | 280 |
| Blink Refreshing Eye Mist | Sodium hyaluronate 0.005% | Polyhexanidemethyl biguanide | 10ml | | Johnson & Johnson Vision | Eye mist for mild dry eye irritation | Not applicable | Not applicable |
| Celluvisc 0.5% | Carmellose sodium 0.5% | None | 30 x 0.4ml | | Allergan | Aqueous/general deficiency, mild to moderate | 3.5 | 290 |
| Celluvisc 1% | Carmellose sodium 1% | None | 30 x 0.4ml | | Allergan | Aqueous/mucous deficiency, more severe dry eye, day or night use | 30-40 | 295 |
| Clinitas Hydrate Gel* | Carbomer 980 0.2% | Centrimide | 10g | | Altacor | More severe dry eye, day or night use | Not applicable | Not applicable |
| Clinitas Soothe | Sodium hyaluronate 0.4% | None | 20 x 0.50ml re-sealable 12hrs | ✓ | Altacor | Aqueous/general deficiency | 40-70 | 275-297 |

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| Clinitas Soothe Multi | Sodium hyaluronate 0.4% | None | 10ml | ✓ | Altacor | Aqueous/general deficiency | 40-70 | 275-297 |
| Comfort drops | Hypromellose 0.18% | Polyhexanide | 15ml | ✓ | Coopervision | Aqueous/general deficiency mild | Not supplied | Not supplied |
| Emustil | Soybean oil 7% + natural phospholipids 3% | None | 20 x 0.3ml | # | Rayner Pharmaceutical | Dry eye associated with meibomian gland dysfunction | Not applicable | 260-330 |
| Evolve Carmellose | Carboxymethylcellulose 0.5% + Glycerine 0.25% | None | 10ml | ✓ | Medicom Healthcare | Aqueous/general deficiency mild to moderate | Not supplied | Not supplied |
| Evolve HA | Sodium hyaluronate 0.2% | None | 10ml | ✓ | Medicom Healthcare | Aqueous/general deficiency moderate | Not supplied | Not supplied |
| Evolve Hypromellose | Hypromellose 0.3% | None | 10ml | ✓ | Medicom Healthcare | Aqueous/general deficiency mild | Not supplied | Not supplied |
| Eye Logic Eye Drops | Sodium hyaluronate 0.1% | None | 10ml | ✓ | Savant | Aqueous/general deficiency mild to moderate | Not supplied | Not supplied |
| Eye Logic Spray** | Soy lecithin 1.0%, Ethanol 0.8% + Vitamins A & E | Phenoxy-ethanol 0.5% | 10ml | ✓ | Savant | Lipid instability | Not applicable | Not applicable |
| Hyabak | Sodium hyaluronate 0.15% | None | 10ml | ✓ | Thea Pharmaceutical | Aqueous/general deficiency mild to moderate | 2.5 | 205 |
| Hyabak Unit Dose | Sodium hyaluronate 0.15% | None | 30 x 0.4ml | ✓ | Thea Pharmaceutical | Aqueous/general deficiency mild to moderate | 2.5 | 205 |
| Hycosan Original/Hylo Tear | Sodium hyaluronate 0.1% | None | 7.5ml/10ml | ✓ | Scope Ophthalmics | Aqueous/general deficiency mild to moderate | 8 | 240-290 |
| Hycosan Dual/Hylo Dual | Sodium hyaluronate 0.05% + Ectoin 2% | None | 7.5ml/10ml | ✓ | Scope Ophthalmics | Lipid Deficient Dry Eye/ Allergy Related Dry Eye | 10 | 250-305 |
| Hycosan Extra/Hylo Forte | Sodium hyaluronate 0.2% | None | 7.5ml/10ml | ✓ | Scope Ophthalmics | Aqueous/general deficiency moderate to severe | 30-50 | 240-290 |
| Hycosan Fresh/Hylo Fresh | Sodium hyaluronate 0.03% + Euphrasia | None | 7.5ml/10ml | ✓ | Scope Ophthalmics | Aqueous/general deficiency, mild | 4 | 260-290 |
| Hycosan Plus/Hylo Care | Sodium hyaluronate 0.1% + Dexpanthenol (VitB5) 2% | None | 7.5ml/10ml | ✓ | Scope Ophthalmics | Aqueous/general deficiency, potential corneal damage | 10 | 240-290 |
| Hycosan Night | Light liquid parafin + Vitamin A Chamomile + Calendula | None | 5g | | Scope Ophthalmics | Ointment for more severe dry eye, day or night use | Not applicable | Not applicable |
| Hydramed | Sodium hyaluronate 0.2% + Tamarind Seed Polysaccharide 0.2% | None | 10ml | ✓ | Farmigea Ophthalmics | Aqueous/mucus deficiency, mild to moderate | 30 | 270-300 |
| Hydramed UD | Sodium hyaluronate 0.2% + Tamarind Seed Polysaccharide 0.2% | None | 30 x 0.5ml resealable 12hrs | ✓ | Farmigea Ophthalmics | Aqueous/mucus deficiency, mild to moderate | 30 | 270-300 |
| HydraMed Night | Light liquid parafin, Vitamin A, Chamomile + Calendula | None | 5g | | Farmigea Ophthalmics | Ointment for more severe dry eye, day or night use | Not applicable | Not applicable |
| Hydromoor | Hypromellose 0.3% | None | 30 x 0.4ml | ✓ | Rayner Pharmaceuticals | Aqueous/general deficiency mild | 7.23 - 9.78 | 260 to 320 |
| I-DROP Pur | Sodium hyaluronate 0.18% + Glycerin | None | 10ml | ✓ | I-MED Pharma Inc | Aqueous/mucous deficiency, moderate | 80 | 270 |
| I-DROP Pur GEL | Sodium hyaluronate 0.30% + Glycerin | None | 10ml | # | I-MED Pharma Inc | Aqueous/mucous deficiency, severe | 90 | 270 |
| LacriFresh Aloe Multidose | Hypromellose 0.20% + Aloe Vera 1% | None | 10ml | ✓ | Avizor | Aqueous/general deficiency, mild | 2-7 | 290 |



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| Lacri-fresh Comfort Drops | Povidone 1% | Polyhexanide 0.0001% | 15ml | ✓ | Avizor | Aqueous/general deficiency, mild | 2.5-8 | 280-320 |
| Lacri-fresh Moisture Drops | Sodium hyaluronate 0.1% | Polyhexanide 0.0001% | 15ml | ✓ | Avizor | Aqueous/general deficiency, mild | 4-5 | 250 |
| Lacri-fresh Moisture 0.1% | Sodium hyaluronate 0.1% | None | 20 x 0.4ml | ✓ | Avizor | Aqueous/general deficiency, mild | 4-5 | 250 |
| Lacri-fresh Ocu-Dry 0.2% | Sodium hyaluronate 0.2%, Glycerol + Polyvinylpyrrolidinone 90 | None | 20 x 0.4ml | ✓ | Avizor | Aqueous/general deficiency, mild to moderate | 16-19 | 200-220 |
| Lacri-fresh Ocu-Dry 0.3% | Sodium hyaluronate 0.3%, Glycerol + Polyvinylpyrrolidinone 90 | None | 20 x 0.4ml | # | Avizor | Aqueous/general deficiency, mild to severe | 48-52 | 160-190 |
| Lacrilube* | White soft paraffin, mineral oil, lanolin | None | 3.5g/5g | | Allergan | Ointment for more severe dry eye, day or night use | Not applicable | Not applicable |
| Lubristil | Sodium hyaluronate 0.15% | None | 20 x 0.3ml | ✓ | Rayner Pharmaceuticals | Aqueous/general deficiency, mild to moderate | 7.23 - 9.78 | 200-250 |
| Lubristil Gel* | Sodium hyaluronate 0.15% + Xanthan gum 1% | None | 20 x 0.4ml | | Rayner Pharmaceuticals | Aqueous/general deficiency, moderate to severe | 25 | 200-250 |
| Optase Eye Spray | Sodium hyaluronate + Sea Blackthorn Seed Oil | None | 17ml | | Rayner Pharmaceuticals | Lipid/Aqueous instability/deficiency, mild to moderate | Not applicable | Not applicable |
| Optimel Manuka Honey Eye Drops | Manuka Honey 16.5% (Pharmaceutical grade Leptospermum sp) | Benzoic Acid | 10ml | ✓ | Melcare Biomedical | Moderate Evaporative Dry Eye, designed to be used alongside lubricating eye drops, not as an alternative | Not applicable | Not applicable |
| Optive | Carboxy-methyl-cellulose 0.5%, Erythritol + Glycerin 0.9% | Purite~ 0.01% | 10ml | ✓ | Allergan | Aqueous/general deficiency mild to moderate | 15 | 335 |
| Optive Fusion | Carboxy-methyl-cellulose 0.5%, Glycerin 0.9%, Sodium hyaluronic 0.1% + Erythritol | Purite~ 0.01% | 10ml | ✓ | Allergan | Aqueous/general deficiency, moderate to severe | Not supplied | 270 |
| Optive Plus** | Carboxy-methyl-cellulose 0.5%, Erythritol, Glycerin 0.9%, Polysorbate 80 + castor oil | Purite~ 0.01% | 10ml | # | Allergan | Triple action including lipid enhancement | Not supplied | Not supplied |
| Optrex Actimist 2 in 1** Dry + Irritated Eye Spray | Soy lecithin 1.0%, Ethanol 0.8% + Vitamins A & E | Phenoxy-ethanol 0.5% | 10ml | ✓ | Reckitt Benckiser | Lipid instability | Not applicable | Not applicable |
| Optrex Actimist 2 in 1** Tired + Uncomfortable Eye Spray | Soy lecithin 1.0%, Ethanol 0.8%, Vitamins A & E + pro-vitamins B5 (dexpantenol) | Phenoxyethanol 0.5% | 10ml | ✓ | Reckitt Benckiser | Lipid instability | Not applicable | Not applicable |
| Optrex Contact Lens Eye Drops | Sodium hyaluronate 0.15% | Oxyd~ | 10ml | ✓ | Reckitt Benckiser | Aqueous/mucous deficiency mild | Not supplied | Not supplied |
| Ote Natural | Sodium hyaluronate 0.1% | None | 10ml | ✓ | Ote | Aqueous deficiency, mild | 15.8 | Not supplied |
| Ote Vitamin | Hypromellose 0.3%, Dexpanthenol (VitB5) 2% + Hydraflex 0.5% | Polyhexanide | 15ml | # | Ote | Aqueous/general deficiency, moderate to severe | Not supplied | 310 |
| PF Carmellose Sodium 0.5% | Carboxymethylcellulose 0.5% | None | 10ml | ✓ | Rayner Pharmaceutical | Aqueous/general deficiency, mild to moderate | 3-20 | 250-300 |
| PF Carmellose Sodium 1% | Carboxymethylcellulose 1% | None | 10ml | ✓ | Rayner Pharmaceutical | Aqueous/general deficiency, mild to moderate | 10-40 | 250-300 |

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| PF Hypromellose 0.3% Eye Drops | Hypromellose 0.3% | None | 10ml | ✓ | Rayner Pharmaceutical | Aqueous/mucous deficiency mild | 7.23 - 9.78 | 280 to 320 |
| Refresh Contacts Unit Dose | Carboxymethylcellulose 0.5% | None | 30 x 0.4ml | ✓ | Allergan | Aqueous/general deficiency mild | 3.5 | 290 |
| Refresh Soothe & Protect | Sodium carboxy-methylcellulose 0.5% | None | 20 x 0.4ml | ✓ | Allergan | Aqueous/mucous deficiency mild | 3.5 | 290 |
| Remogen Omega | Essential Fatty Acids (EFA) Eicosapentaenoic Acid 0.02% Docosahexaenoic Acid 0.002% Vitamin E + Glycerol | None | 20 x 0.25ml | ✓ | TRB Chemedica | Lipid enhancement & stability | >75 | 130-170 |
| Reset | Carboxymethylcellulose 0.8% + Pluronic 0.5% | OxyChlorite~ | 10ml | ✓ | Advanced Eyecare Research | Aqueous/mucous deficiency mild + cleaning action of CL in eye | Not supplied | Not supplied |
| Retaine Liposome Spray | PEG-12 Glyceryl Distearate 0.08% | | 15ml | ✓ | OCuSOFT | Lipid instability | Not applicable | Not applicable |
| Systane ◊ | Hydroxypropyl guar, Polyethylene glycol 400 0.4% + Propylene glycol 0.3% | polyquad 0.001% | 10ml | ✓ | Alcon | Aqueous/mucous deficiency mild | 6-15 | 270-330 |
| Systane Unit Dose ◊ | Hydroxypropyl guar, Polyethylene glycol 400 0.4%, Propylene glycol 0.3% | None | 28 x 0.8ml | ✓ | Alcon | Aqueous/mucous deficiency mild | 7-15 | 275-295 |
| Systane Balance* | Hydroxypropyl guar, Propylene glycol 0.3%, Sorbitol + LipiTech System | polyquad 0.001% | 10ml | # | Alcon | Dry eye associated with meibomian gland dysfunction | 1-10 | 250-330 |
| Systane Gel Drops ◊* | Hydroxypropyl guar, Polyethylene glycol 400 0.4%, Propylene glycol 0.3% + Sorbitol | Polyquad 0.001% | 10ml | # | Alcon | More severe dry eye, day or night use | Not supplied | 250-340 |
| Systane Hydration ◊* | Hydroxypropyl guar, Sodium hyaluronate, Polyethylene glycol (PEG400), Propylene glycol | Polyquad 0.001% | 10ml | ✓ | Alcon | Aqueous/general deficiency, mild to moderate | Not supplied | Not supplied |
| Systane Ultra ◊ | Hydroxypropyl guar, Polyethylene glycol 400 0.4%, Propylene glycol 0.3%, Sorbitol | polyquad 0.001% | 10ml | ✓ | Alcon | Aqueous/mucous deficiency moderate | 6-20 | 260-330 |
| Systane Ultra Unit Dose ◊ | Hydroxypropyl guar, Polyethylene glycol 400 0.4%, Propylene glycol 0.3% + Sorbitol | None | 30 x 0.7ml | ✓ | Alcon | Aqueous/mucous deficiency moderate | 9-15 | 265-290 |
| Thealoz | Trehalose 3% | None | 10ml | | Thea Pharmaceutical | Protection of the ocular surface, mild to moderate dry eye | 2.5 | 310 |
| Thealoz Duo | Trehalose 3% + Sodium hyaluronate 0.15% | None | 10ml | ✓ | Thea Pharmaceutical | Acqueous/mucous deficiency + protection of the lipid layer. Mild to moderate dry eye | 3.2 | 202 |
| Thealoz Duo Unit Dose | Trehalose 3%, Sodium hyaluronate 0.15% | None | 30 x 0.4ml | ✓ | Thea Pharmaceutical | Acqueous/mucous deficiency + protection lipid layer. Mild to moderate dry eye | 3.2 | 202 |
| Thealoz Duo Gel* | Trehalose 3%, Sodium hyaluronate 0.15% + carbomer 0.25% | None | 30 x 0.4g | # | Thea Pharmaceutical | Acqueous/mucous deficiency. Protection of the lipid layer. Moderate to severe dry eye | 780 | 207 |
| Thera-Tears Eye Drops | Carboxy-methylcellulose 0.25% | None | 24 x 0.6ml | ✓ | Advanced Vision Research | Aqueous/mucous deficiency, mild to moderate | 6.5 | 181 |
| Thera-Tears Liquid Gel* | Carboxy-methylcellulose 1% | None | 24 x 0.6ml | # | Advanced Vision Research | More severe dry eye, day or night use | 49 | 181 |



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| Vismed Light | Sodium hyaluronate 0.1% | Polyhexanide | 15ml | ✓ | TRB Chemedica | Aqueous/ mucous deficiency mild | 2 | 150 |
| Vismed Multi | Sodium hyaluronate 0.18% | None | 10ml | ✓ | TRB Chemedica | Aqueous/ mucous deficiency mild to moderate | 10 | 150 |
| Vismed Unit Dose | Sodium hyaluronate 0.18% | None | 20 x 0.3ml | ✓ | TRB Chemedica | Aqueous/ mucous deficiency mild to moderate | 10 | 150 |
| Vismed Gel* | Sodium hyaluronate 0.3% | None | 10ml | # | TRB Chemedica | More severe dry eye, day or night use | 30 | 150 |
| Vismed Gel Multi* | Sodium hyaluronate 0.3% | None | 20 x 0.45ml | # | TRB Chemedica | More severe dry eye, day or night use | 30 | 150 |
| VisuXL | Sodium hyaluronate (cross linked) 0.1% Co-enzyme Q10 0.1% + Vitamin E 0.5% | None | 10ml | ✓ | VISUfarma | Aqueous/ mucous moderate to severe | Not supplied | 270-330 |
| VitA-POS | Light liquid paraffin, Retinol palmitate Vit A | None | 5g | | Scope Ophthalmics | Ointment for more severe dry eye, day or night use | Not applicable | Not applicable |
| WetTherapy | Sodium hyaluronate 0.2% + Polyethylene Glycol 0.2% | None | 20 x 0.4ml | ✓ | Advanced Eyecare Research | Aqueous/ mucous deficiency, mild to moderate | 10 | 280 |
| Xailin Fresh | Carboxymethylcellulose 0.5% | None | 30 x 0.4ml | ✓ | VISUfarma | Aqueous deficiency, mild to moderate | 1-10 | 270-350 |
| Xailin Gel* | Carbomer 0.2% | Perborate~ | 10g | # | VISUfarma | More severe dry eye, day or night use | 400-1000 | 225-275 |
| Xailin HA | Sodium hyaluronate 0.2% | Perborate~ | 10ml | ✓ | VISUfarma | Aqueous/ general deficiency, mild to moderate | 10-30 | 250-330 |
| Xailin Hydrate | Hypromellose 0.3% | Perborate~ | 10ml | ✓ | VISUfarma | Aqueous deficiency mild | 05-9 | 205-235 |
| Xailin Night | Soft Paraffin, White mineral oil + Lanolin alcohols | None | 5g | | VISUfarma | Ointment for more severe dry eye, day or night use | Not applicable | Not applicable |

* Not applicable on most thicker gels/ ointments ** Not applicable on sprays and emulsions ~ Preservative disappates/ disappears once in contact with tear film/ ocular surface
 ◇ Alcon Systane range of products: HPGuar creates a more viscous effect on contact with the tear film # can be used with CL, if approx 15 mins left prior to lens insertion