



# TravelShades

happiness in motion

Motion Sickness Relief Eyewear  
Instruction Booklet

# **Please read all of this instruction leaflet carefully before you start using your TravelShades. It contains important information.**

Keep this leaflet; you may need to read it again.

If you have any questions or are not sure about anything, contact TravelShades Ltd Customer Services through any of the channels detailed at the end of this leaflet or ask your doctor, pharmacist or optician.

## **In this leaflet:**

1. What TravelShades are and what they are for.
2. Before you use TravelShades.
3. How to use TravelShades.
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## 1. What TravelShades are and what they are for

TravelShades are a medical device which look similar to sunglasses. They have one special lens that is translucent which prevents the user from seeing movement but still allows illumination. Either eye can be covered with the special lens alternating, according to user preference, by flipping the TravelShades upside down. This can prevent or reduce motion sickness, such as that arising during travel.

## 2. Before you use TravelShades

TravelShades are a medical product; therefore it is important that you follow the information and safety precautions in this leaflet. This will also help you to get the greatest benefit.

TravelShades should **only** be used when **seated** for the relief of the symptoms of motion sickness, such as those associated with travelling, and at no other times.

**Important Warning: Your ability to judge distance will be impaired while wearing TravelShades so:**

Do not walk or run.

Do not consume hot drinks or hot food.

Do not drive or operate machinery.

Be very careful in handling breakable items.

Take extra care when judging distance for any reason.

## **Special precautions for children:**

Children aged 9 or older may use TravelShades in the same manner as adults. This applies even if there is a known eye condition - no medical advice is required.

For children under 9 years of age it is important that an optometrist's eye test is conducted before use of the product to ensure that there is no amblyopia ('lazy eye') or other eye condition. This can be done by your local optician.

For children under 9 years of age without amblyopia, including those who wear prescription spectacles, the use of TravelShades is allowed but the product should be alternated frequently between eyes (at least every 2 hours during a journey or more often according to user comfort).

For children under 9 years of age with amblyopia or any other medical condition known to affect sight, parents should seek medical advice from an ophthalmologist before using TravelShades. Use of the product may still be allowed and it is likely that the better-seeing eye should be occluded during travel.

### **3. How to use TravelShades**

TravelShades are worn in the same manner as regular sunglasses.

You can wear TravelShades throughout an entire journey as a preventive measure. Alternatively begin using them at the onset of symptoms of motion sickness.

Individual user experiences can vary and it may be possible to wear TravelShades for short periods during a journey and still enjoy relief for the entire journey. Please visit [travelshades.com](http://travelshades.com) to share your experiences.

Either eye may be covered with the special lens. However, to reduce the possibility of side effects (see section 4 below), coverage should be alternated between your left and right eye at regular intervals of a similar duration according to user comfort, by flipping the TravelShades upside down.

To help you adapt initially to the experience of using TravelShades on a journey, it can help to use them in a non-travelling seated environment (e.g. at home) for 3-5 minutes, several times a day for 2-3 days. This will also ensure you get the best chance of relief when travelling.

TravelShades Horizon and Horizon Junior models can be worn over prescription spectacles if preferred.

TravelShades LoLight models are for use in low light conditions such as at night.

TravelShades provide protection from the sun's UVA and UVB ultraviolet rays but should not be used to view the sun directly.

#### **4. Possible side effects**

Like all medicines and medical devices TravelShades may cause side effects for some users.

The following side effects may occur, but often do not reoccur after the first or second use. However if they persist please discontinue use.

Eye strain.

Headache (also a symptom of motion sickness).

Rarely, pain in the eye or eyes.

#### **5. Care and maintenance.**

Store the TravelShades in the case provided.

Clean with the micro-fibre cloth provided or warm water and non-abrasive detergent.

If the TravelShades become damaged, discontinue use immediately.

#### **6. Further information**



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