

**MIEBO® (perfluorohexyloctane  
ophthalmic solution):**

# A Deep Dive Into **Clinical Data**

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**Miebo**  
(perfluorohexyloctane  
ophthalmic solution)

#### **INDICATION**

MIEBO® (perfluorohexyloctane ophthalmic solution) is indicated for the treatment of the signs and symptoms of dry eye disease.

#### **IMPORTANT SAFETY INFORMATION**

- MIEBO should not be administered while wearing contact lenses. Contact lenses should be removed before use and for at least 30 minutes after administration of MIEBO
- Instruct patients to instill one drop of MIEBO into each eye four times daily

**Please see additional Important Safety Information throughout and accompanying full Prescribing Information for MIEBO on pages 14 and 15.**

**BAUSCH+LOMB**

As a prevalent, multifaceted condition, dry eye disease (DED) can involve many diagnostic and management challenges. Despite the availability of varied treatment approaches, patient frustration and non-adherence continue.<sup>1,2,3</sup> Delayed efficacy and bothersome side effects are commonly reported with some current treatments and contribute to the high rates. But in recent years, the treatment landscape has changed.

The majority of DED is characterized by excess tear evaporation, leading to tear film instability and subsequent ocular discomfort.<sup>4</sup> DED is also one of the most common reasons patients seek

professional eyecare services.<sup>5</sup> Patients with DED may experience a spectrum of symptoms, including ocular dryness, visual disturbance, excess tearing, and burning/stinging.<sup>6</sup>

While dry eye predominantly affects older individuals, the prevalence is rising across all adult age groups, which can be attributed to ubiquitous use of digital devices and screens.<sup>7,8</sup> DED can significantly impact a patient's quality of life and impose substantial economic burden, with annual productivity loss in the US estimated to exceed \$11,000 per patient with DED.<sup>9,10</sup>

**DED Classification & Pathophysiology**

DED is generally categorized based on the primary underlying mechanism of loss of tear film homeostasis. The two main classifications are aqueous deficient, characterized by insufficient tear production, and evaporative, defined by excessive tear evaporation.<sup>11</sup> While more than half of DED cases involve a combination of both processes,<sup>12,13</sup> recent studies have found that purely aqueous-deficient dry eye represents only about 10% of cases, whereas excessive evaporation contributes to DED in up to 94% of individuals.<sup>4,14,15</sup>

The pathogenesis of DED is complex and multifactorial, involving age-related changes (eg, those mediated by hormone shifts), topical and systemic medications, environmental stressors, lifestyle factors (eg, digital screen use and contact lens wear), nutritional deficiencies (such as a lack of omega-3 fatty acids in the diet), infectious agents, ocular

surface trauma, and autoimmune diseases (eg, Sjögren syndrome).<sup>7,16</sup>

Evaporative DED often stems from eyelid-related conditions, with meibomian gland dysfunction (MGD) being the leading cause.<sup>17</sup> MGD is defined by chronic meibomian gland abnormalities, which contribute to altered quantity and quality of secreted meibum. MGD compromises the tear film's lipid layer, leading to accelerated tear evaporation and ocular surface destabilization.<sup>18</sup>

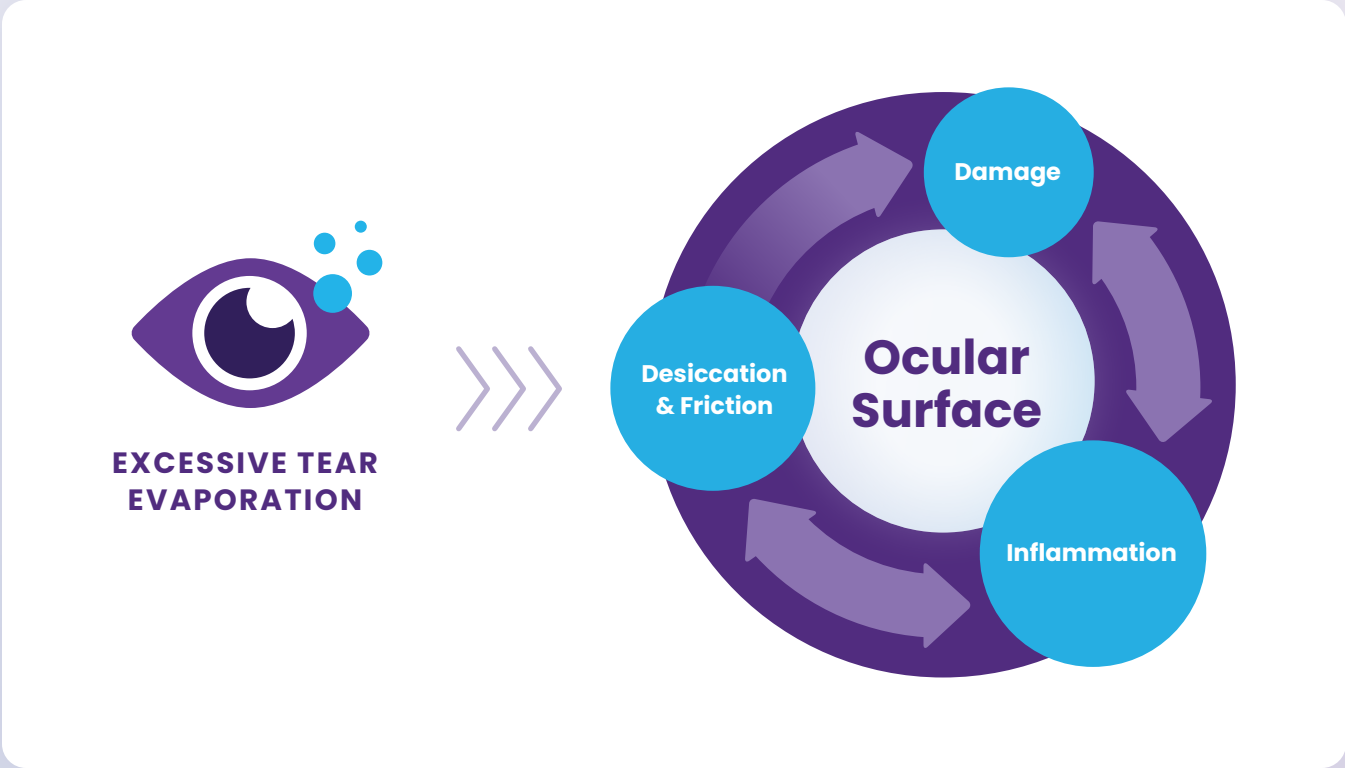
Digital device use and contact lens wear are other significant contributors to evaporative DED. Prolonged use of digital screens can lead to reduced blink rates, which in turn causes tear film instability through reduced meibum output, thus exacerbating tear evaporation.<sup>19</sup> Patients may experience this not only as dryness and irritation, but often as fluctuating vision, which can be very bothersome. In a survey of 461 dry eye sufferers, about two-thirds reported cutting back on daily activities, most often screen time, to relieve symptoms.<sup>20</sup>

Regardless of the underlying etiology, the resulting diminished tear volume and quality initiate a self-perpetuating cycle of desiccation stress and increased friction on the ocular surface, leading to increased tear film osmolarity, chronic inflammation, and progressive ocular tissue damage (**Figure 1**).<sup>17,21,22</sup>

**Diagnosing & Managing DED**

The multifaceted nature of DED and its symptomatic overlap with other ocular surface disorders, such as blepharitis, conjunctivitis, and ocular allergy, demand a comprehensive diagnostic process.<sup>7</sup>

**FIGURE 1.** Excess tear evaporation leads to a vicious cycle of inflammation on the ocular surface resulting in signs and symptoms of dry eye disease (DED).<sup>17,21,22</sup>



**While more than half of DED cases involve a combination of both processes,<sup>12,13</sup> recent studies have found that purely aqueous-deficient dry eye represents only about 10% of cases, whereas excessive evaporation contributes to DED in up to 94% of individuals.<sup>4,14,15</sup>**

The American Academy of Ophthalmology (AAO) Dry Eye Syndrome Preferred Practice Pattern (Dry Eye PPP) and the seminal Tear Film and Ocular Surface Society (TFOS) Dry Eye Workshop (DEWS) II report recommend an iterative approach, beginning with triaging

**MIEBO is the only FDA-approved prescription eye drop designed to directly target tear evaporation in DED.**

questions to screen for DED and evaluate ocular history.<sup>23,3</sup> Medical eye evaluations with regular follow-ups are also recommended to exclude other causes of ocular irritation.<sup>3</sup>

Minimally invasive tests, such as tear osmolarity, matrix metalloproteinase-9 (MMP-9), digital meibomian gland expression, ocular surface staining, and tear breakup time, can help to confirm the diagnosis. Further classification of subtype and severity can be determined through meibography, lipid interferometry, and tear volume assessment.<sup>23,3</sup> This approach enables clinicians to distinguish between DED subtypes and conditions with similar symptoms, facilitating the development of tailored, effective treatment plans for each patient.

The management of DED poses a significant challenge due to its multifactorial etiology, which can directly impact treatment

strategies.<sup>22,24</sup> In general, early intervention is recommended for optimal patient outcomes, despite the complexities of diagnosis and management.<sup>24,25</sup> Current treatment options for tear insufficiency include over-the-counter (OTC) tear replacement drops, immunomodulators, punctual occlusion procedures, and tear stimulation therapies.<sup>26</sup>

For lid abnormalities, including MGD, treatments encompass lid hygiene, ocular lubricants, warm compresses, in-office procedures for meibomian gland obstruction, high quality nutritional supplements bandage contact lenses, and management of corneal exposure. Underlying inflammatory causes can be addressed with immunomodulators such as cyclosporine and lifitegrast, and anti-inflammatory agents such as corticosteroids. Additional options to alleviate DED symptoms include amniotic membrane therapy, surgery, dietary modifications, and environmental changes.

Given that most DED cases involve evaporative mechanisms, a therapy designed to directly inhibit excess tear evaporation presents substantial therapeutic potential in the management of this disease.<sup>4,14,15,17</sup> In 2023, such an option became available with the introduction of MIEBO (perfluorohexyloctane ophthalmic solution).

## MIEBO

MIEBO is the only FDA-approved prescription eye drop designed to directly target tear evaporation in DED. This innovative, water-free formulation is indicated for treating both the signs and symptoms of DED, with a recommended dosage of one drop four times daily.

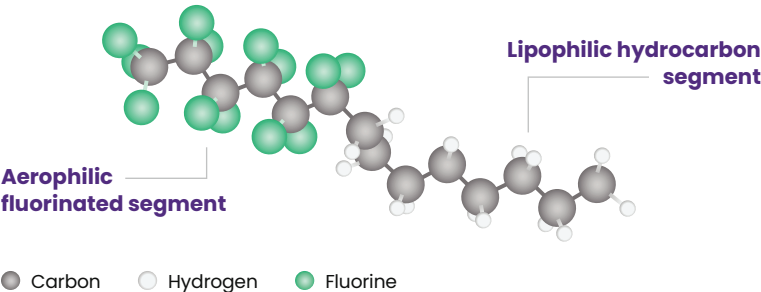
Perfluorohexyloctane, the sole ingredient in MIEBO, is a semifluorinated alkane with an amphiphilic structure consisting of both a lipophilic and aerophilic segment.<sup>27</sup> The lipophilic segment inserts into the lipid layer while the aerophilic segment orients toward the air, thus forming a monolayer at the tear film's air-liquid interface.\* As expected, this unique structure allows MIEBO to reduce tear evaporation. Furthermore, in vitro gravimetric studies demonstrated that a single drop of MIEBO inhibits saline evaporation 4× more effectively than human meibum lipids from a healthy volunteer.<sup>27†</sup>

Although many of the therapeutic properties of perfluorohexyloctane are dependent on its unique chemical structure, its low surface tension also

plays a large role.<sup>28</sup> This characteristic allows MIEBO to spread rapidly and evenly across the ocular surface. This spreading ability and the formation of a monolayer can help diminish the shear forces exerted by the eyelid during blinking, alleviating a common source of irritation in DED.<sup>29,30</sup> The low surface tension also facilitates the formation of smaller drops, which can prevent spillover following topical instillation.<sup>29,30</sup>

In addition to promising therapeutic effects, MIEBO demonstrated extended surface residence time on the ocular surface. In a rabbit pharmacokinetic study, MIEBO was detectable in tears for at least 6 hours and in meibomian glands for up to 24 hours after repeated dosing.<sup>31</sup> Upon application of MIEBO, these properties can collectively contribute to the formation of a long-lasting, protective barrier on the ocular surface and help reduce friction and evaporation while promoting tear film stability and epithelial healing.

**FIGURE 2.** Model of perfluorohexyloctane molecule<sup>27</sup>



\*The exact mechanism of action of MIEBO is unknown  
†The clinical significance of these in vitro data has not been established



Overview of the MIEBO Clinical Development Program

MIEBO’s unique therapeutic approach is distinguished by a proven efficacy and safety profile as consistently demonstrated across three US phase 3 trials: GOBI (NCT04139798), MOJAVE (NCT04567329), and KALAHARI (NCT04140227). These rigorous studies provided robust data supporting MIEBO’s potential as an intervention for DED management.

GOBI and MOJAVE were randomized, double-masked, 8-week, saline-controlled studies evaluating the safety and efficacy of MIEBO in patients with DED and clinical signs of MGD.

These are the only studies known to specifically target this patient population, which aligns with MIEBO’s distinctive mechanism of action.<sup>32,33</sup> In these two studies, 1217 patients (GOBI: N=597; MOJAVE: N=620) were randomized 1:1 to receive MIEBO or hypotonic saline (0.6%) four times daily.

The primary efficacy endpoints in GOBI and MOJAVE were changes from baseline in total corneal fluorescein staining (tCFS) and visual analog scale (VAS) eye dryness score at day 57. Key secondary endpoints included central corneal fluorescein staining (cCFS) at day 57, and total fluorescein staining (tCFS) and eye dryness at day 15. Notably, hypotonic saline, a common component of artificial tears, served

as an “active” control because MIEBO is a one-ingredient formulation with no vehicle.<sup>32</sup>

The KALAHARI trial, an open-label extension of GOBI, was designed to examine the long-term efficacy and safety of MIEBO over 52 weeks.<sup>34</sup> The study included 208 patients from GOBI, with 97 patients continuing MIEBO treatment and 111 transitioning from saline to MIEBO. Key safety assessments were ocular and non-ocular adverse events. Efficacy endpoints included changes from the GOBI study baseline in tCFS and VAS eye dryness score. Results from the KALAHARI study attest to the efficacy of MIEBO through as long as 60 weeks of usage.

Across all three trials, patient baseline demographics and clinical characteristics were comparable between treatment groups (Table 1), and 100% of participants had clinical signs of MGD with a score ≥3. The consistency in patient profiles facilitated the pooling of GOBI and MOJAVE trial results, allowing for a robust and comprehensive analysis of MIEBO’s efficacy.

Efficacy in the MIEBO Clinical Studies

MIEBO demonstrated robust and consistent efficacy in improving both signs and symptoms of DED in the pivotal trials. GOBI and MOJAVE met their primary efficacy endpoints, with MIEBO significantly improving tCFS and VAS dryness score vs saline control at day 57 (P<0.001 for each endpoint in each study).<sup>32,33</sup> A pooled analysis of the GOBI and MOJAVE data at day 57 revealed that MIEBO-treated patients achieved a 2-fold improvement in

TABLE 1. Baseline clinical characteristics in GOBI, MOJAVE, and KALAHARI<sup>32-34</sup>

	GOBI		MOJAVE		KALAHARI		
	MIEBO (n=303)	Saline (n=294)	MIEBO (n=311)	Saline (n=309)	All KALAHARI Patients (N=208)	MIEBO (n=97)	Saline to MIEBO (n=111)
Baseline clinical characteristics, mean (SD)							
tCFS	6.7 (1.8)	6.7 (1.9)	7.0 (2.0)	7.1 (2.1)	6.6 (1.7)	6.5 (1.7)	6.6 (1.8)
Total OSDI score	53.9 (17.6)	54.4 (17.0)	55.2 (17.4)	55.8 (17.2)	55.0 (17.8)	54.2 (17.8)	55.7 (18.0)
Schirmer I test, mm	12.0 (8.3)	11.7 (7.6)	12.7 (7.5)	12.8 (7.9)	12.0 (8.1)	11.7 (8.2)	12.2 (8.0)
MGD score	7.4 (3.1)	7.7 (3.2)	7.9 (3.5)	8.1 (3.5)	7.1 (3.1)	6.9 (3.2)	7.3 (3.0)
TFBUT, sec	3.2 (0.8)	3.3 (0.8)	3.2 (0.9)	3.1 (0.9)	3.2 (0.8)	3.1 (0.7)	3.3 (0.9)
VAS dryness score	66.5 (19.1)	66.8 (18.7)	64.7 (19.5)	64.3 (19.8)	67.7 (19.8)	66.9 (20.6)	68.4 (19.1)

MGD score ranges from 0 to 15 (0 to 3 in each of 5 areas). VAS ranges from 0 to 100; 0=no discomfort and 100=maximal discomfort. MGD, meibomian gland dysfunction; OSDI, Ocular Surface Disease Index; SD, standard deviation; tCFS, total corneal fluorescein staining; TFBUT, tear film breakup time; VAS, visual analog scale

MIEBO Clinical Trial Data: The Highlights

MIEBO exhibited robust and reproducible results across two phase 3 studies (GOBI and MOJAVE) and one long-term follow-up study (KALAHARI)

The studies included over 1200 patients with DED and clinical signs of MGD

MIEBO QID improved DED signs (tCFS) and symptoms (VAS eye dryness score)

- Significant improvement vs saline control was achieved as early as day 15 and lasted through day 57 in GOBI and MOJAVE
- MIEBO demonstrated consistent efficacy and safety in a 1-year extension study
- MIEBO also significantly improved cCFS at day 57

MIEBO was well tolerated, with low AE rates and no serious ocular AEs

In GOBI and MOJAVE, patients reported that MIEBO is “comfortable” or “very comfortable” with a mean pooled comfort score of 8.0 for MIEBO and 8.4 for saline.\* Patients in the KALAHARI study also reported MIEBO drops as “comfortable” with a mean score of 8.4.

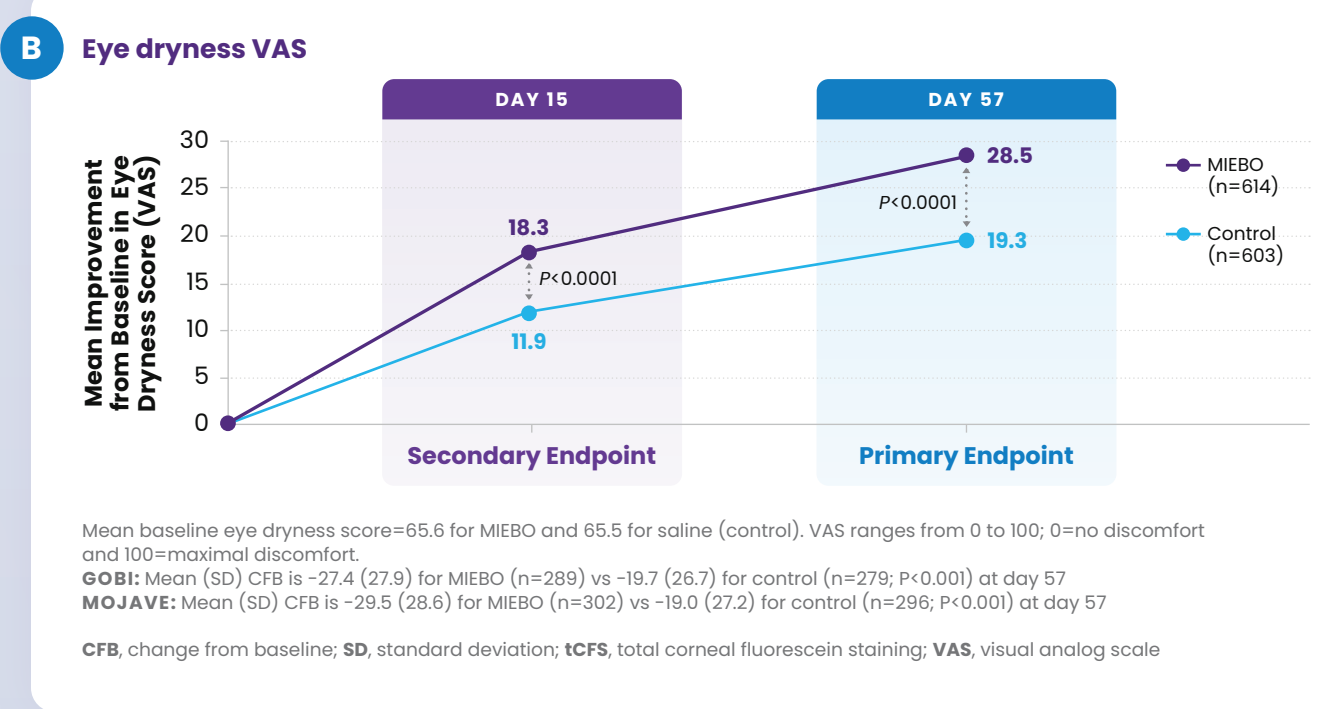
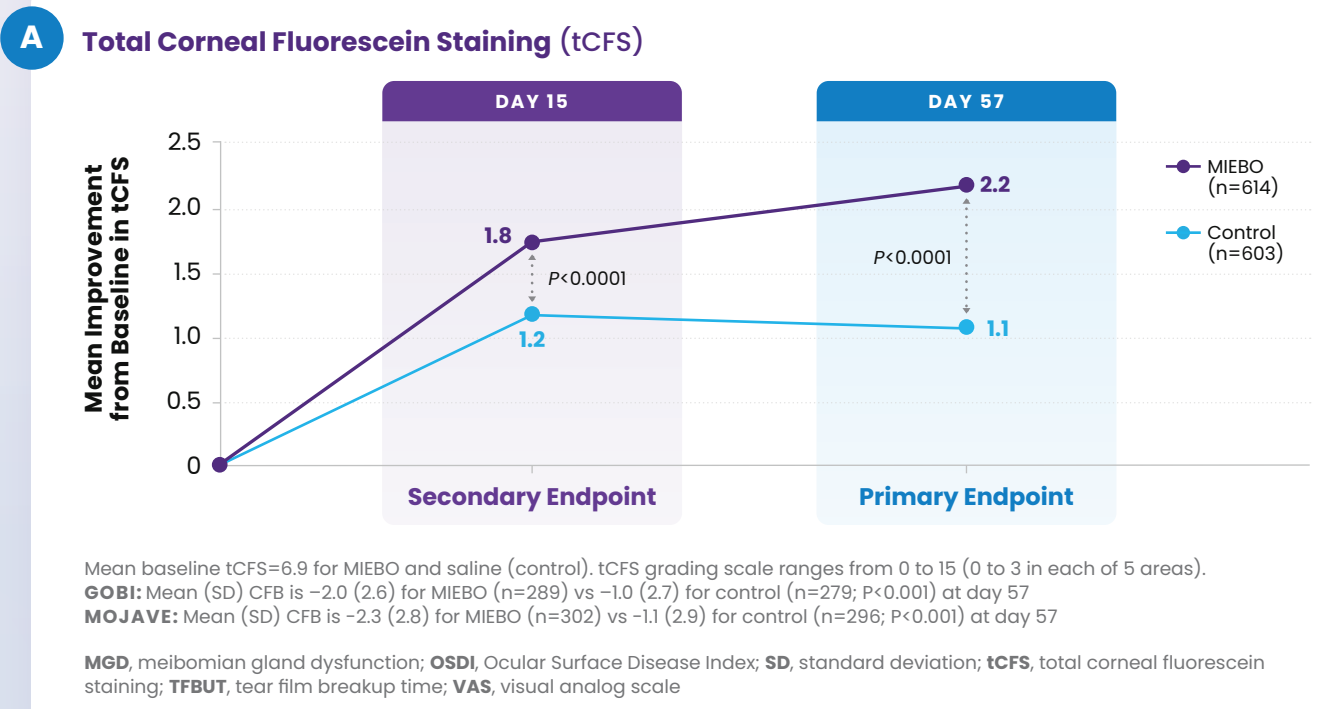
\*Questionnaire was given on Day 1 of the GOBI and MOJAVE studies. Comfort score ranges from 0 to 10 (0 = not comfortable and 10 = very comfortable). 81% of patients treated with MIEBO reported a score of 7 or higher.

AE, adverse event; cCFS, central corneal fluorescein staining; DED, dry eye disease; MGD, meibomian gland dysfunction; QID, four times a day; tCFS, total corneal fluorescein staining; VAS, visual analog scale

IMPORTANT SAFETY INFORMATION (CONT'D)

- The safety and efficacy in pediatric patients below the age of 18 have not been established

**FIGURE 3.** Figure 3. Pooled data from the GOBI and MOJAVE trials of MIEBO vs control showing superior outcomes compared to saline control at day 57 in (A) total corneal fluorescein staining (tCFS) and (B) visual analog scale (VAS) eye dryness score<sup>32,33,35</sup>



tCFS and a 1.5-fold improvement in VAS eye dryness score from baseline compared to saline control (**Figure 3**).<sup>35</sup>

Both GOBI and MOJAVE also met key secondary endpoints, showing significant improvement vs saline control in tCFS and VAS eye dryness scores at day 15 ( $P<0.01$ ) and cCFS at day 57 ( $P<0.001$ ). A pooled analysis shows that patients in the MIEBO group had a 4 fold improvement in cCFS from baseline compared to saline control at day 57 (**Figure 4**).

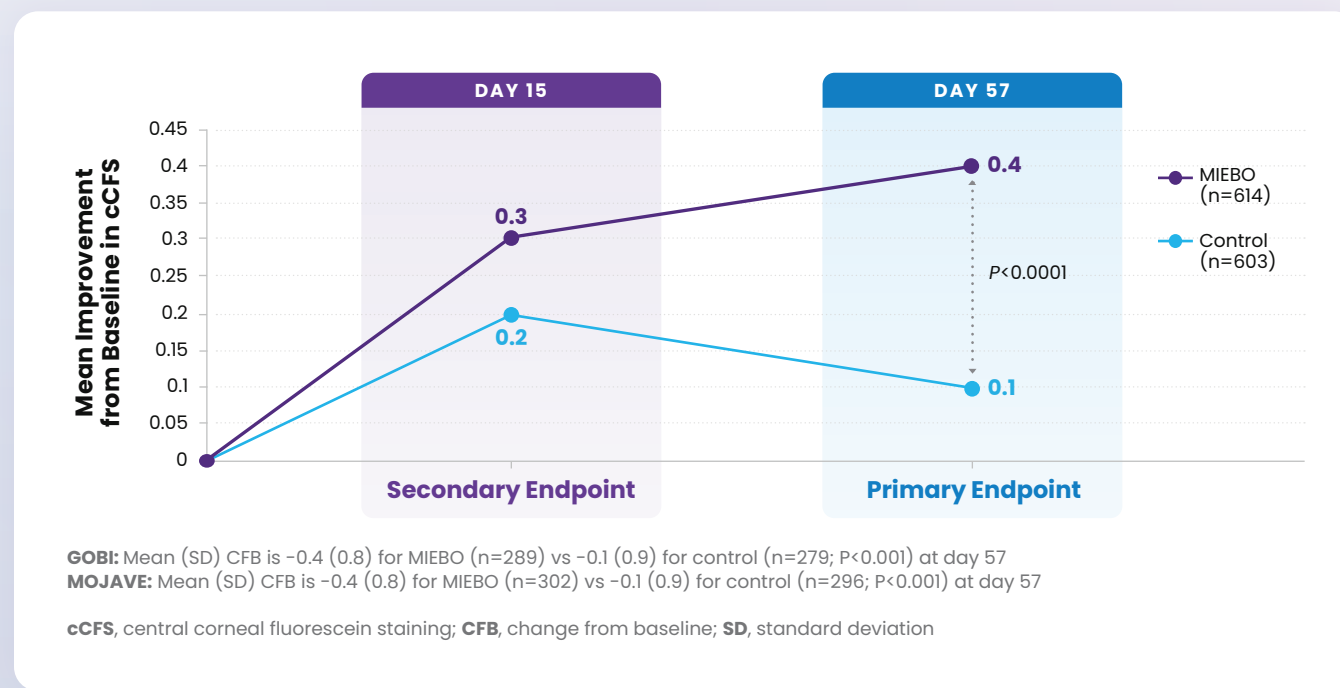
In the KALAHARI open-label extension trial, tCFS and VAS eye dryness scores continued to show significant reductions from baseline through week 52 (**Figure 5**).<sup>34</sup> Notably, patients in the crossover group—those who switched from saline treatment in GOBI to MIEBO in KALAHARI—

demonstrated marked improvements in both tCFS and VAS eye dryness scores within four weeks of initiating MIEBO treatment, with these benefits persisting through week 52.

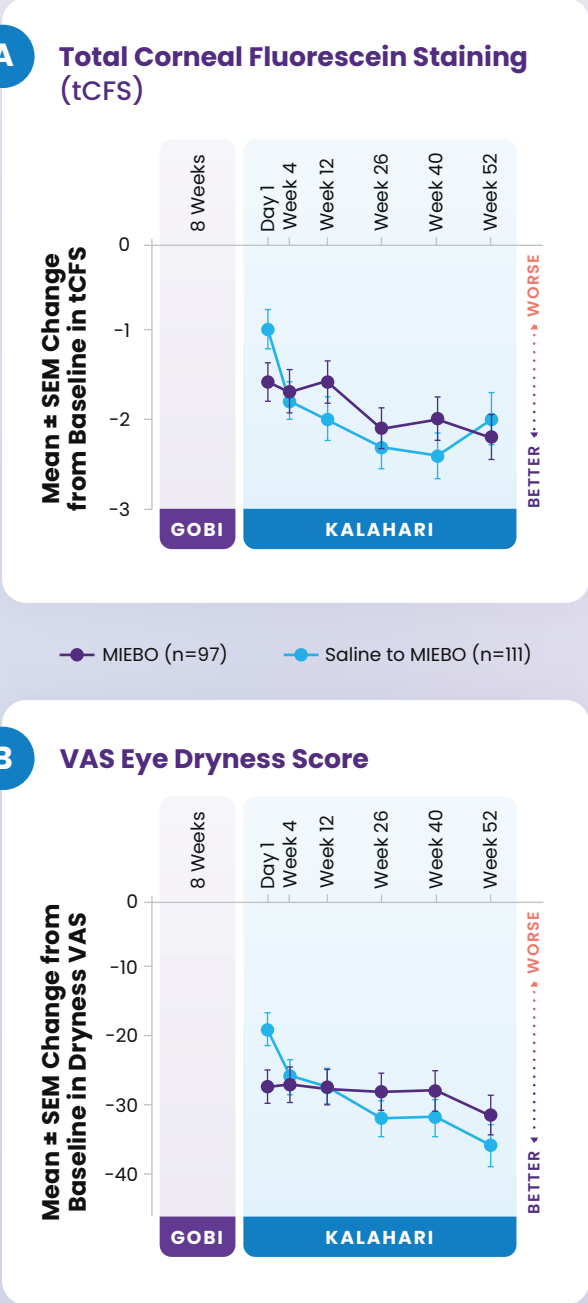
**Safety in the MIEBO Clinical Studies**

MIEBO exhibited a favorable safety profile across the pivotal trials and open-label extension study. Most adverse events (AEs) were considered mild or moderate in severity, with blurred vision as the most common ocular AE in the MIEBO group in GOBI (3.0%) and blepharitis (1.6%) in MOJAVE (**Table 2**).<sup>32,33</sup> Ocular AEs occurred in both treatment groups at similar frequencies (in GOBI, 9.6% in the MIEBO group vs 7.5% in the saline group; in MOJAVE, 12.9% in the MIEBO

**FIGURE 4.** Pooled data from the GOBI and MOJAVE trials of MIEBO showing significantly improved cCFS compared to saline control at day 57<sup>32,33</sup>



**FIGURE 5.** In KALAHARI, MIEBO demonstrated sustained improvements from baseline through week 52 in both (A) tCFS and (B) VAS eye dryness scores<sup>34</sup>



(A) Mean (SD) CFB in tCFS is -2.1 (2.5) among the total population (n=208) at week 52. (B) Mean (SD) CFB in VAS eye dryness score is -33.7 (28.6) among the total population (n=208) at week 52.

CFB, change from baseline; SD, standard deviation; tCFS, total corneal fluorescein staining; VAS, visual analog scale

group vs 12.3% in the saline group). Instillation site reactions or irritation affected <1% of patients in these studies.

In both trials, blurred vision was reported at a slightly higher percentage of patients in the MIEBO group (GOBI: 3.0%; MOJAVE: 1.3%) compared to the saline group (GOBI and MOJAVE: 0.3%). One patient in each group experienced severe eye irritation (MIEBO in GOBI and saline in MOJAVE). No serious ocular AEs were reported, and discontinuation rates due to AEs were low and comparable to saline control. Only 1 out of 614 patients treated with MIEBO discontinued due to an AE. Neither study found clinically meaningful changes in best-corrected visual acuity (BCVA), slit-lamp examination findings, intraocular pressure (IOP), or dilated funduscopy examination results.

The KALAHARI extension trial corroborated these safety findings. Patients continuing in the extension trial showed low rates of AEs with MIEBO (13.9% experiencing ≥1 ocular AEs), most of which were mild in nature.<sup>34</sup> The most frequent ocular AEs (>2 patients) were non-treatment related vitreous detachment (1.9%), allergic conjunctivitis (1.4%), blurred vision (1.4%), and increased lacrimation (1.4%; **Table 2**). No serious ocular AEs were reported. One severe case of bilateral eyelid irritation that did not lead to study discontinuation occurred, which the investigator considered possibly related to the study medication. Five patients (2.4%) experienced ocular AEs that led to discontinuation (one patient each with blurred vision, chalazion, dry eye, increased lacrimation, and increased IOP). Other safety endpoints (BCVA, biomicroscopy, IOP, funduscopy) showed no meaningful changes.

**TABLE 2.** The most common ocular adverse events (AEs) in GOBI, MOJAVE, and KALAHARI<sup>32-34</sup>

	GOBI		MOJAVE		KALAHARI		
	MIEBO (n=303) n (%)	Saline (n=294) n (%)	MIEBO (n=311) n (%)	Saline (n=309) n (%)	All KALAHARI Patients (N=208) n (%)	MIEBO (n=97) n (%)	Saline to MIEBO (n=111) n (%)
Ocular AEs							
No. of patients with at least 1 ocular AE	29 (9.6)	22 (7.5)	40 (12.9)	38 (12.3)	29 (13.9)	16 (16.5)	13 (11.7)
Ocular AEs that occurred in >2% of patients in any group							
Allergic conjunctivitis	—	—	—	—	3 (1.4)	2 (2.1)	1 (0.9)
Blepharitis	—	—	5 (1.6)	1 (0.3)	—	—	—
Blurred vision	9 (3.0)	1 (0.3)	4 (1.3)	1 (0.3)	3 (1.4)	0 (0.0)	3 (2.7)
Chalazion	—	—	—	—	2 (1.0)	1 (1.0)	1 (0.9)
Conjunctival hemorrhage	1 (0.3)	4 (1.4)	—	—	—	—	—
Conjunctival hyperemia	—	—	4 (1.3)	6 (1.9)	—	—	—
Conjunctival papillae	—	—	4 (1.3)	5 (1.6)	—	—	—
Dry eye	—	—	—	—	2 (1.0)	2 (2.1)	0 (0.0)
Eye discharge	3 (1.0)	0 (0.0)	1 (0.3)	4 (1.3)	—	—	—
Eye pain	—	—	1 (0.3)	4 (1.3)	—	—	—
Eye pruritus	—	—	2 (0.6)	3 (1.0)	—	—	—
Hordeolum	—	—	3 (1.0)	2 (0.6)	2 (1.0)	1 (1.0)	1 (0.9)
Increased lacrimation	—	—	—	—	3 (1.4)	3 (3.1)	0 (0.0)
Instillation site pain	3 (1.0)	3 (1.0)	—	—	2 (1.0)	1 (1.0)	1 (0.9)
Ocular hyperemia	—	—	4 (1.3)	1 (0.3)	—	—	—
Punctate keratitis	0 (0.0)	3 (1.0)	—	—	—	—	—
Visual acuity reduction	—	—	3 (1.0)	3 (1.0)	—	—	—
Vitreous detachment	—	—	—	—	4 (1.9)	2 (2.1)	2 (1.8)



## Conclusions

**MIEBO is a preservative-, water-, pH-, osmolarity-, and steroid-free formulation of perfluorohexyloctane approved to treat the signs and symptoms of DED.** It is a prescription eye drop that contains only a single ingredient. Perfluorohexyloctane has a unique molecular structure that effectively inhibits tear film evaporation, likely by acting as a functional substitute for the tear film lipid layer. Given that lipid layer deficiency and associated evaporative dry eye are key contributors in the majority of DED cases, MIEBO offers a targeted approach to this common condition.<sup>4,16</sup>

**Across three phase 3 trials, MIEBO produced meaningful, consistent reductions in both signs and symptoms of DED as early as day 15, with sustained efficacy through 52 weeks.** MIEBO also demonstrated a favorable safety profile and was well tolerated across the three studies. As the first and only FDA-approved drop to directly address tear evaporation, MIEBO addresses a critical unmet need in DED.

These results translate and are extremely important to our clinical practice.

\*Questionnaire was given on Day 1 of the GOBI and MOJAVE studies. Comfort score ranges from 0 to 10 (0 = not comfortable and 10 = very comfortable). 81% of patients treated with MIEBO reported a score of 7 or higher.

### IMPORTANT SAFETY INFORMATION (CONT'D)

- The most common ocular adverse reaction was blurred vision (1% to 3% of patients reported blurred vision and conjunctival redness)

Namely, symptom relief as early as two weeks, combined with the excellent tolerability, is motivating for patients with DED. It's difficult to tell someone whose eyes are already irritated that a treatment may make them feel worse, even temporarily. In MIEBO, patients have a comfortable drop\* that can help ease their symptoms in as little as two weeks.

**In our clinical experience, we've found that many patients who have struggled with other treatments can find relief with MIEBO, which is gratifying to see.**

Our observations parallel the results of clinical studies: patients report symptomatic improvement and we see evidence at the slit lamp of ocular surface healing and repair. Across a variety of presentations and stages in the DED journey, MIEBO offers targeted relief that patients can appreciate.

## Author Bios



**Alice Epitropoulos, MD**, is a partner at Ophthalmic Surgeons and Consultants of Ohio in Columbus, OH. She is a paid consultant of Bausch + Lomb.



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- You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.
- Please see accompanying full Prescribing Information for MIEBO on pages 14 and 15.

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