

NCLE Basic Certification Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. If a soft contact lens wearer experiences burning as the day progresses, what does this usually indicate?**
 - A. The lens is too loose**
 - B. The lens is too tight**
 - C. The lens is well-fitted**
 - D. The lens needs to be replaced**

- 2. What action can increase tear exchange in RGP lenses?**
 - A. Increase the lens thickness**
 - B. Decrease the lens diameter**
 - C. Switch to a different material**
 - D. Adjust the lens base curve**

- 3. What does a keratometer reading exceeding 0.50D indicate?**
 - A. Normal corneal shape**
 - B. Underlying pathology or poorly fitting lenses**
 - C. Required lens replacement**
 - D. Standard vision correction**

- 4. How many diopters of power may be added for lenses left in the office using a soft cloth or sponge?**
 - A. 1 diopter**
 - B. 0.5 diopters**
 - C. 2 diopters**
 - D. 1.5 diopters**

- 5. Which preservative is noted for being the least likely to cause discoloration in contact lenses?**
 - A. Thimerosal**
 - B. Hydrogen peroxide**
 - C. Trimethoprim**
 - D. Sorbic Acid**

6. What should be done first if a rigid gas permeable wearer complains of poor visual acuity?

- A. Change the lens fit**
- B. Perform over refraction**
- C. Switch to a soft lens**
- D. Consult a specialist**

7. What does lens equilibration refer to?

- A. The lens aligning with eye curvature**
- B. The lens reaching the same temperature as the tear film**
- C. The lens becoming more hydrophilic**
- D. The process of inserting a contact lens**

8. What is the purpose of a wetting solution in contact lenses?

- A. To make a lens more opaque**
- B. To create a hydrophilic lens surface**
- C. To strengthen the lens material**
- D. To prevent lens discoloration**

9. What happens when a lens fits flatter than K in terms of its lacrimal lens?

- A. It becomes thicker in the center**
- B. It creates a plano lens**
- C. It results in a thinner center**
- D. It has no impact on the thickness**

10. What percentage of patients are non-compliant to at least one of their contact lens care regimes?

- A. 50%**
- B. 60%**
- C. 75%**
- D. 80%**

Answers

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1. B
2. B
3. B
4. A
5. C
6. B
7. B
8. B
9. C
10. C

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Explanations

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1. If a soft contact lens wearer experiences burning as the day progresses, what does this usually indicate?

- A. The lens is too loose**
- B. The lens is too tight**
- C. The lens is well-fitted**
- D. The lens needs to be replaced**

When a soft contact lens wearer experiences burning as the day goes on, this typically signifies that the lens may be too tight. A lens that fits too snugly can restrict the natural movement of the eyelid during blinking, leading to discomfort and a sensation of burning or irritation. This tightness can impair tear exchange beneath the lens, which may cause dryness and exacerbate the burning sensation. In contrast, a well-fitted lens should allow for adequate movement and tear exchange, resulting in comfort throughout the day. A lens that is too loose might not create sufficient contact with the tear film and could lead to different symptoms, such as excessive movement on the eye or even discomfort due to fluctuations in lens position. Burning is also not typically associated with needing a lens replacement, which is more likely to present symptoms of significant vision deterioration or visible damage to the lens itself. Therefore, the sensation of burning does point toward the fit of the lens being too tight, making that answer accurate in this context.

2. What action can increase tear exchange in RGP lenses?

- A. Increase the lens thickness**
- B. Decrease the lens diameter**
- C. Switch to a different material**
- D. Adjust the lens base curve**

Decreasing the lens diameter can indeed increase tear exchange in RGP (rigid gas permeable) lenses due to the way these lenses interact with the eye's natural tear film. A smaller lens diameter allows for more mobility of the lens on the cornea, which can facilitate the movement of tears between the lens and the eye's surface. This movement helps in flushing out stagnant tears and allows fresh tears to flow beneath the lens, improving overall comfort and enhancing visual performance. A larger lens might limit this movement and, consequently, the ability to exchange tears effectively. Therefore, adjusting the lens diameter for optimal fitting can be a key strategy in managing tear exchange and promoting the health of the cornea beneath the contact lens.

3. What does a keratometer reading exceeding 0.50D indicate?

- A. Normal corneal shape
- B. Underlying pathology or poorly fitting lenses**
- C. Required lens replacement
- D. Standard vision correction

A keratometer reading exceeding 0.50 diopters (D) indicates an irregularity in the cornea's curvature, which suggests that there may be underlying pathology or poorly fitting contact lenses. Normally, a keratometric reading within this range would reflect a more standard, healthy corneal shape. When the reading exceeds 0.50D, it can point towards various conditions such as astigmatism, corneal ectasia, or other corneal irregularities that might need further investigation. Additionally, poorly fitting lenses can lead to distorted keratometric readings. If contact lenses do not align properly with the eye's natural curvature, this can also cause changes in the keratometer's measurements. A careful assessment of the keratometer readings can therefore help determine the necessity for a comprehensive eye examination or a reevaluation of the lens fit, making this specific reading significant for determining the health of the cornea and the suitability of current visual aids.

4. How many diopters of power may be added for lenses left in the office using a soft cloth or sponge?

- A. 1 diopter**
- B. 0.5 diopters
- C. 2 diopters
- D. 1.5 diopters

When performing adjustments on lenses that are being temporarily left in an office environment, it is important to consider the changes in power that can be safely added without compromising the quality of vision or the structural integrity of the lenses. Adding 1 diopter is a safe and generally accepted practice for lenses that have been cleaned under controlled conditions. Adding 1 diopter allows for reasonable variability in lens power while minimizing the risk of optical distortion, ensuring that the lenses remain functional for the patient until they can provide their own corrective needs. Additionally, this practice allows for a balance between adjusting the optical requirements due to minor changes in alignment or distance while maintaining comfort for the wearer. In contrast, larger adjustments such as 1.5 or 2 diopters may significantly alter the optics and can result in discomfort or vision problems for the person using them. Therefore, staying within the 1 diopter limit is considered best practice in optics, particularly for temporary adjustments made while in a professional setting.

5. Which preservative is noted for being the least likely to cause discoloration in contact lenses?

- A. Thimerosal**
- B. Hydrogen peroxide**
- C. Trimethoprim**
- D. Sorbic Acid**

The least likely preservative to cause discoloration in contact lenses is Trimethoprim. This preservative is often utilized because it has a relatively low potential to interact with the materials that comprise various types of lenses, thus minimizing any risk of staining or color change. In contrast, substances like Thimerosal can lead to discoloration; this is often due to its chemical composition, which can react with the lens material. Similarly, Hydrogen peroxide, while effective as a disinfectant, can also affect certain lens materials and lead to undesirable color changes if not neutralized properly. Sorbic acid, although effective as a preservative in many applications, can also have a negative impact on lens materials, particularly if the concentration is not carefully managed. Trimethoprim stands out in this context because of its compatibility with contact lens materials, making it a safer choice for preserving lens integrity and appearance over time.

6. What should be done first if a rigid gas permeable wearer complains of poor visual acuity?

- A. Change the lens fit**
- B. Perform over refraction**
- C. Switch to a soft lens**
- D. Consult a specialist**

When a rigid gas permeable (RGP) lens wearer reports poor visual acuity, the initial step should be to perform an over-refraction. This process involves examining the patient's vision while they are wearing their current lenses and determining if any additional prescription adjustments can enhance their vision. This is essential because it allows the practitioner to assess whether the issue lies with the lens fit or the prescription itself. Performing an over-refraction helps to identify if the current lenses are still appropriate for the patient's needs or if there has been a change in their refractive error that needs to be corrected. It also provides immediate feedback to the practitioner regarding the effectiveness of the current optical correction. Choosing to change the lens fit or switch to a soft lens may be considerations following the over-refraction, but these actions are not the first steps without first confirming the visual acuity with a refraction test. Consulting a specialist might be necessary if there are underlying issues beyond simple prescription changes or if the visual acuity does not improve with over-refraction, but that comes after the initial evaluation. Thus, beginning with an over-refraction is the most logical and effective approach in this situation.

7. What does lens equilibration refer to?

- A. The lens aligning with eye curvature
- B. The lens reaching the same temperature as the tear film**
- C. The lens becoming more hydrophilic
- D. The process of inserting a contact lens

Lens equilibration specifically involves the lens reaching the same temperature as the tear film. This process is crucial for ensuring comfort and optimal performance of contact lenses on the eye. When a contact lens is first placed on the eye, there can be a difference in temperature between the lens and the surrounding tear film. Over time, the lens warms up to match the temperature of the eye's tear film, which can enhance the wearing experience by reducing discomfort and promoting a stable tear film layer over the lens surface. The other options do not accurately describe lens equilibration. Aligning with the eye's curvature is related to how well the lens fits on the eye, whereas becoming more hydrophilic pertains to changes in the lens material properties, not directly to temperature. The process of inserting a contact lens is an entirely separate action related to lens application rather than its equilibration with the eye.

8. What is the purpose of a wetting solution in contact lenses?

- A. To make a lens more opaque
- B. To create a hydrophilic lens surface**
- C. To strengthen the lens material
- D. To prevent lens discoloration

The purpose of a wetting solution in contact lenses is to create a hydrophilic lens surface. This hydrophilic property enhances the lens's ability to retain moisture, making it more comfortable for the wearer. A surface that is hydrophilic will attract water, which helps prevent dryness and maintains optimal hydration for the lens, contributing to overall comfort and visual clarity during wear. Additionally, a well-hydrated lens surface can help reduce deposits that may otherwise accumulate on the lens, further enhancing comfort and maintaining clear vision. While the other options may relate to lenses in some capacity, they do not accurately describe the primary function of a wetting solution, which is to enhance surface wettability and comfort for the wearer.

9. What happens when a lens fits flatter than K in terms of its lacrimal lens?

- A. It becomes thicker in the center**
- B. It creates a plano lens**
- C. It results in a thinner center**
- D. It has no impact on the thickness**

When a lens fits flatter than the K value (the radius of curvature of the cornea), it results in a thinner center. The lacrimal lens refers to the tear film that forms between the contact lens and the cornea. When a lens is placed on the eye and is flatter than the corneal curvature, it creates a larger tear film layer in the periphery. As a result, the central section of the lens must compensate for this by becoming thinner to maintain proper alignment and fit over the cornea. This phenomenon occurs because the lens shape and relationship to the corneal curvature influence the tear film. If the center of the lens is flatter, there is less curvature to match the cornea's natural shape, leading to a lower central thickness. Balancing the lens's design with the shape of the eye is crucial for optimal vision and comfort. A lens that is too thick in the center could cause discomfort and disrupt the stability of the tear film, hence the importance of understanding this relationship.

10. What percentage of patients are non-compliant to at least one of their contact lens care regimes?

- A. 50%**
- B. 60%**
- C. 75%**
- D. 80%**

The choice indicating that 75% of patients are non-compliant with at least one of their contact lens care regimes reflects the significant issue of adherence to prescribed protocols in contact lens care. Research and studies in optometry often show that a high percentage of contact lens wearers do not fully comply with the recommended care routines, which include proper cleaning, disinfection, wearing schedules, and follow-up appointments. This non-compliance can lead to various complications, such as discomfort, infections, and other eye health problems. The statistic of 75% highlights the importance of patient education and the need for practitioners to emphasize the consequences of non-compliance. It is critical for eye care professionals to continuously engage with patients about their contact lens care practices to promote better adherence and ensure ocular health. This understanding underscores the necessity for effective communication strategies and personalized care plans to improve compliance rates among contact lens wearers.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nclbasic.examzify.com>

We wish you the very best on your exam journey. You've got this!

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