

## Remember

Eye screening is just a part of managing your diabetes and diabetic retinopathy is treatable, especially if it is caught early.

## What should I think about on the day?

# DIABETIC EYE SCREENING

A quick patient guide

## What happens?

1

We put drops in your eyes to temporarily make your pupils larger. You may find the drops sting.



2

We take photographs of the back of your eyes. The camera does not come into contact with your eyes. We send the photographs to an expert to review.

3

The appointment will last approximately **30 minutes**.

4

We send a letter to you and your GP within **6 weeks** letting you know your screening results.



Eye drops may affect your vision for a few hours, so **you should not drive** after your appointment



You may want to bring someone with you to the appointment



Bring sunglasses as your eyes can feel sensitive after the eye drops



There will be a quick visual assessment before we give you eye drops so please bring any glasses (**not contact lenses**) with you



SCAN ME



To book an appointment, contact us:

0130 5602 461

miul.administration@nhs.net

NEC Care: Dorset Diabetic Eye Screening

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NEC Care

NEC Care leads the NHS diabetic eye screening programmes

## Why should I be screened?

Diabetic eye screening is important as it helps to prevent sight loss. As someone with diabetes, your eyes are at risk of damage from diabetic retinopathy. Screening can detect the condition early before you notice any changes to your vision.

## How often do I get screened?

Screening is offered every year to anyone with diabetes aged over 12 and over

## What is diabetic retinopathy?



This condition occurs when diabetes affects small blood vessels, damaging the part of the eye called the retina. It can cause the blood vessels in the retina to leak or become blocked. This can affect your sight.



## Why is screening important?

Eye screening is a key part of your diabetes care. Untreated diabetic retinopathy is one of the most common causes of sight loss. When the condition is caught early, treatment is effective at reducing or preventing damage to your sight.

Remember, diabetic eye screening is not covered as part of your normal eye examination with an optician. Screening does not look for other eye conditions and you should continue to visit your optician regularly for an eye examination as well.

## Are there any side effects?

Eye drops may affect your vision for a few hours, so you should not drive after your appointment.

## You can help to reduce your risk if you:

- ✓ Control your blood glucose as effectively as possible
- ✓ See your doctor regularly to check your blood pressure is not raised
- ✓ Attend your diabetic eye screening appointments
- ✓ Get advice if you have a problem with your sight
- ✓ Take your medication as prescribed

