

# Diabetic Eye Screening

Version 1 - October 2011

SeeAbility Easy Read Factsheet 11

Having your eyes tested is the only way to find out if diabetes is damaging your sight.

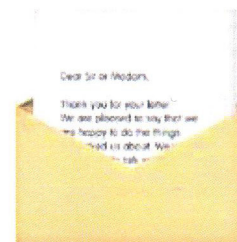


It is important your eyes are tested every year to check for problems.



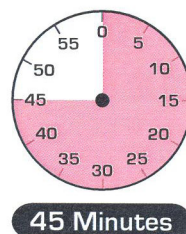
This special eye test is often called the NHS Diabetic Eye Screening Test.

You will be sent a letter telling you when and where your appointment is.



You should go to the appointment with someone you know.

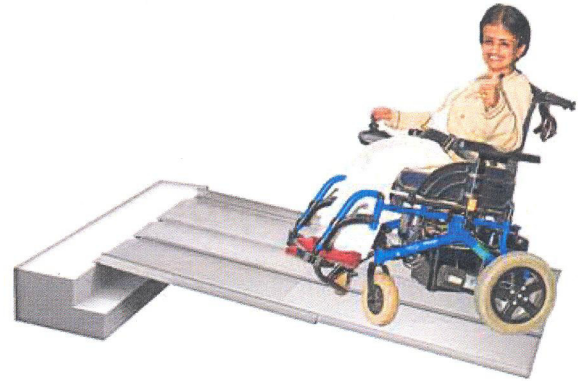
The appointment usually takes about 45 minutes.



It is a good idea to find out if the place where the screening happens has wheelchair access.



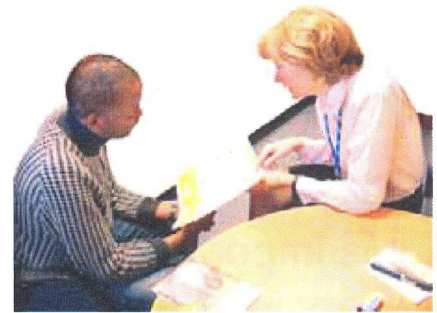
Make sure they know about any other needs you have too.



We will talk to you about your sight and diabetes

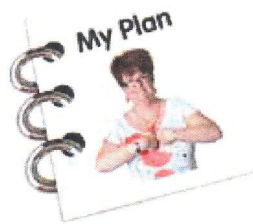


Remember to take your glasses with you.



Remember to take any information you have about your health with you.

- If you have a Health Action Plan take this with you.



- It is a good idea to fill in the form called 'Telling the optometrist about me'. Take this form with you.

**Telling the optometrist about me**

**Information about me and my sight**

Please fill in this form and take it with you to your eye test.  
Your supporter can fill in this form with you. It's okay to ask them to write on the form.

Please also take these things with you to your eye test:

- Your glasses if you have any
- The prescription from your last eye test
- Evidence of any benefits you get
- Your Health Action Plan if you have one

If you are filling in this form for someone else please fill in the section:

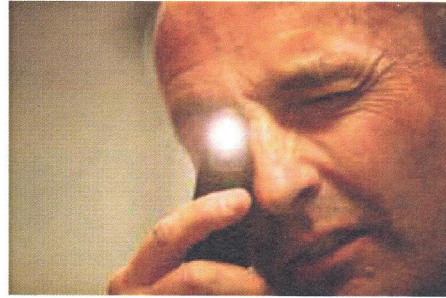
Your name and role: \_\_\_\_\_  
New address: \_\_\_\_\_  
Phone number: \_\_\_\_\_  
Email address: \_\_\_\_\_

Available in the operating name of The Royal National Society for Blindness (RNSB) Registered Charity Number 243816. © SeeAbility 2010. No part of this document can be altered or changed without permission.

The form is free from our website [www.lookupinfo.org](http://www.lookupinfo.org)

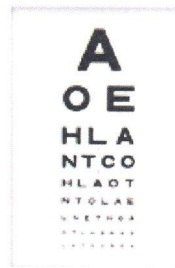
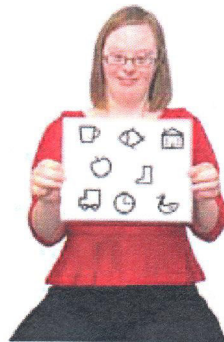
## We will look at your eyes.

The eye doctor may get close to you to use a bright light to look into your eyes.



## We will ask you to look at some charts.

There are letter charts and picture charts.

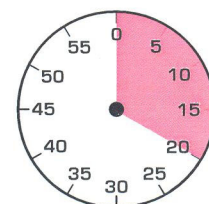


## You will need to have eye drops.



The drops might make your eyes sting. The stinging won't last long.

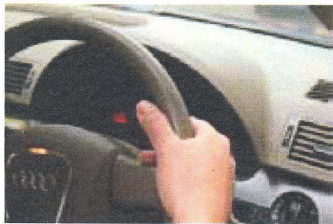
You will have to wait 20 minutes for the eye drops to work.



**20 Minutes**

The eye drops might make things look very bright

It's a good idea to take sunglasses to wear.



The drops may take up to 6 hours to wear off. You cannot drive until the eye drops have worn off.

---

A machine will take a photo of the back of your eyes



It doesn't hurt. The camera won't touch your eye.

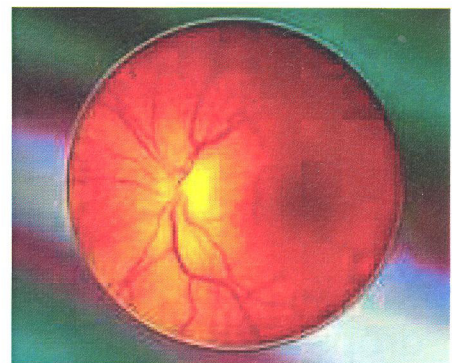
You will need to keep your head still.

Someone may need to help you to keep your head still.

---

The machine will take a photo of the back of your eye.

You will be able to see the picture of the back of your eye on a computer screen.



We will look at the photos of your eyes.

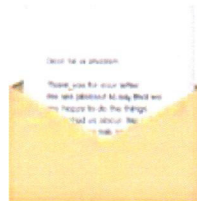


They will decide if you need any treatment.

---

We will send you and your GP information about your diabetes and your eyes.

They will tell you and your doctor if you need any treatment.



---

If you need any treatment for your eyes:

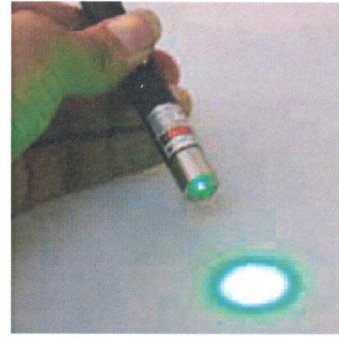
You will be sent an appointment to see the eye doctor.

Your treatment will be done at your hospital eye clinic.



## Treatments might include:

- using very bright lights called lasers to mend the back of your eyes



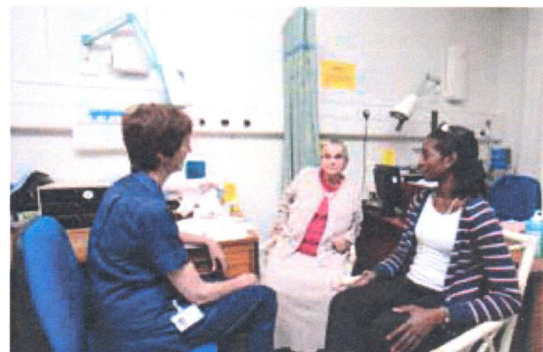
- an operation on the inside of your eye.



---

It's a good idea to visit the eye clinic before your treatment.

You can talk to a nurse about what the eye doctor needs to do.



Some eye hospitals also have people to talk to called Eye Clinic Liaison Officers (ECLO).



Keep the information from your diabetic eye screening appointment safe.

Share the information with people who support you.



If you think you are pregnant you will need to tell the eye doctor.

You will need to have diabetic eye tests more often.



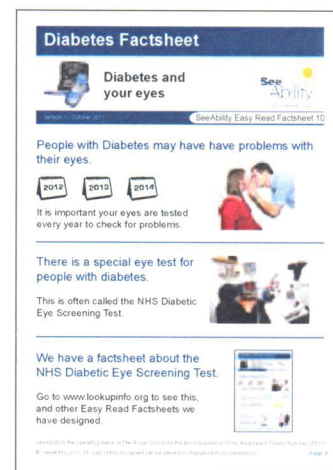
We have a factsheet about Diabetes and Your Eyes.

We also have a number of other Easy Read factsheets.

For more information see our other Easy Read Factsheets

Go to: [www.lookupinfo.org/easyread/](http://www.lookupinfo.org/easyread/)

NHS Diabetic Eye Screening Programme  
Go to: [diabeticeye.screening.nhs.uk](http://diabeticeye.screening.nhs.uk)



Designed by The Clear Communication People Ltd, email: [mike@communicationpeople.co.uk](mailto:mike@communicationpeople.co.uk). Some photosymbols used go to [www.photosymbols.com](http://www.photosymbols.com)



[www.seeability.org](http://www.seeability.org)  
[www.lookupinfo.org](http://www.lookupinfo.org)