

Diabetes Retinal Screening Patient Information Leaflet

Why do I need the test?

All people with diabetes over the ages 12 or over are advised to have an annual eye screen as diabetes can cause eye problems that may lead to sight loss. Most sight loss due to diabetes can be prevented, but it is very important that diagnosis is made early. Therefore regular, annual eye examinations are extremely important. Although your eyesight may be good, changes can be taking place in your eye that might need treatment.

About the test

When you go your eye test you should take with you any glasses or contact lenses that you wear.

How will my eyes

You will be seen by a qualified technician. Firstly, you will be asked to read letters on a chart. For those who are not able to read, there are other tests such as identifying pictures or matching letters and pictures.

Eye drops will be instilled in your eyes and photographs of the retina (the eye) will be taken.

Secondly, a special digital camera will be used to photograph the back of your eyes. This equipment produces an instant image of your retina on a screen. In order to obtain a good image, it is necessary to dilate the pupils with eye drops called Tropicamide, the drops take 20 minutes to work and you may experience a mild tingling sensation.

If a problem is found you will be referred to a consultant ophthalmologist (eye specialist) at a hospital eye clinic. If no problems are found you will be sent an appointment for the next year. However, should you experience any problems before the next appointment you should contact your GP.

How long does the test take?

The full eye test should take about 30 minutes

Will I still need to go to my Optometrist (Optician)

Yes, you will still need to see your optometrist every year for a sight test for glasses. We advise that you see an Optometrist before your eye screen if you have not had a check up in the last 12 months.

Special Instructions

Ypu should not drive or use heavy machinery for a few hours after the eye drops.

To arrange an appointment telephone 0207 445 7045/0207 445 1116

Screening Sites: The Centre Manor Park, Appleberry Centre, Lord Lister Health Centre