



Going for a Diabetic Eye Screening Appointment

A Plain English Story

Diabetic 
RetinaScreen
The National Diabetic Retinal Screening Programme

When you register, you sign up to something.

There are two ways to register for an eye screening test with Diabetic RetinaScreen:

1. You can register yourself or
2. Your doctor or eye consultant can register you.

Ciara decides to register herself.

She does this on the website:

www.diabeticretinascreen.ie

Ciara fills in a form online.

She prints the form and takes it to her doctor to sign.

Ciara posts the signed form to the Diabetic RetinaScreen programme.

Diabetic RetinaScreen, FreePost,
PO Box 328, North City DSU, Cork.

Ciara gets an appointment letter.

It says where to go for her eye screening test.

It says when to go.

On the day of the appointment, Ciara takes her medicine and tablets as usual.

She has something to eat.

If you wear glasses or contact lenses, you should bring them to the appointment.

Ciara goes to a Diabetic RetinaScreen clinic. These are in different places around the country.

Ciara gets a lift to her appointment.

There is parking at most of the clinics.

There is public transport near the clinics too, for example, a bus.

Ciara goes into the clinic at the time of her appointment.
She gives her name to the person at the reception desk.

Ciara sits in the waiting room.

Ciara is given information about eye drops and a consent form.

Eye drops are part of the screening test.

When you give consent, you agree to have the eye drops.

Ciara reads the information carefully.

She can ask someone to help her read the information if she wishes.

Ciara's name is called.

She goes into the room where the test will take place.

If you are a wheelchair user or have mobility difficulties, contact us before your appointment so we can make sure the room is accessible.

Ciara meets the staff member that will do her test.

This staff member checks they have all the information they need about Ciara.

Ciara can ask questions about the eye drops and the test.

Ciara is happy that she understands all the information.

She wants to go ahead with the test.

She signs the consent form to have the eye drops.

During the first part of the appointment, Ciara has an eye check.

She is asked to read or match letters on a screen.

The room might be dark for part of this check.

Then, Ciara is given the eye drops.

The eye drops might sting or make it hard to see for a while.

Ciara sits in the waiting room for 15 minutes after she gets the eye drops.

Ciara is called back into the room for the eye screening test.

A special camera is used for the eye screening test. It can take digital photographs of Ciara's eye.

Ciara sits at one side of this camera.

She rests her chin on the camera.

The staff member tells her what to do.

The camera does not touch Ciara's eye.

The staff member takes a photo of the back of Ciara's eye with the special camera.

The staff member takes a photo of both eyes.

Ciara brings sunglasses to wear home.

This will help her eyes if they are sensitive after the test and the light hurts her eyes.

The appointment is over in around 30 minutes and Ciara can go home.

Ciara should not drive or use machinery after her appointment.

She must wait until her eyesight is back to normal.

For most people, their eyesight will be blurry for about 4 to 6 hours after their appointment.

An expert, called a grader, will check the photographs for any changes that could affect Ciara's sight.

Ciara will get her results in 3 weeks.

Her doctor will get a copy of the results.

Results tell you what your eye test has shown.

More information

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An tSeirbhís Náisiúnta Scagthástála
National Screening Service

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