



Going for more tests if you have signs of Diabetic Eye Disease

A Plain English Story

Diabetic 
RetinaScreen
The National Diabetic Retinal Screening Programme

A few weeks ago, Tom had an eye screening test at a Diabetic RetinaScreen clinic.

Tom gets a letter from Diabetic RetinaScreen.

This letter is for another appointment.

Tom's eye screening test showed some changes at the back of his eye.

Tom will need to have his eyes checked more often.

On the day of the appointment, Tom takes his medicine and his tablets as usual. He has something to eat.

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

Tom comes to the clinic for his appointment.

Diabetic RetinaScreen clinics are in different places around the country.

You can get public transport to most clinics, for example, a bus. There is parking at some of the clinics too.

Tom goes into the clinic at the time of his appointment.

Tom sits in the waiting room.

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

Tom 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.

Tom reads the information carefully.

He can ask someone to help him read the information if he wishes.

Tom's name is called.

Tom goes into the room where the eye test will take place.

The staff member checks they have all the information they need about Tom.

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

Tom is happy that he understands all the information.

He wants to go ahead with the test.

He signs the consent form to have the eye drops.

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

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

The room might be dark for part of this check.

Then, Tom is given the eye drops.

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

Tom sits in the waiting room for 15 minutes after he gets the eye drops.

Then, Tom is called back into the room for the eye screening test.

Special cameras are used for the eye screening test.

They can take digital photographs of Tom's eyes.

Tom sits at one side of the camera for the first test.

He rests his chin on the camera.

The staff member tells him what to do.

The camera does not touch Tom's eye.

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

The staff member takes a photo of both eyes.

Tom then sits at a different machine.

The staff member takes more photos.

The staff member takes a photo of both eyes.

This camera takes a photo of the back of Tom's eye.

This gives extra information about the eye.

The appointment is over in about 30 minutes and Tom can go home.

Tom brings sunglasses to wear home.

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

Tom should not drive or use machinery after the appointment.

He must wait until his 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 Tom's sight.

Tom will get his results in 3 weeks.

His doctor will get a copy of the results.

Results tell you what your eye test has shown.

If the changes to Tom's eyes are worse, he may need treatment.

Treatment means something is done to help your eyesight. He will get an appointment to go to a Diabetic RetinaScreen clinic at a hospital.

If the changes to Tom's eyes have improved, he may go back to being screened every year.

Improved means your eyes are getting better.

If the changes are the same, Tom will get another appointment in six months time.

More information

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An tSeirbhís Náisiúnta Scagthástála
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