

About diabetic eye screening

Diabetic retinopathy is common in people with diabetes and can damage sight.



Having an eye test is the only way to find out if diabetes is damaging your sight.



People with diabetes aged 12 and over should have their eyes tested every year.



This eye test is **free** with Diabetic RetinaScreen.



Phone us on Freephone 1800 45 45 55 or talk to your family doctor (GP) to make sure you are on the Diabetic RetinaScreen list.



Once on the list, we will write to you and ask you to phone us to agree to the test. You will then get a letter telling you the time and date of your test.



If you need any support, please phone the number on your letter before your test to tell us.



You can take someone you know or your carer with you.



minutes

The appointment usually takes about 30 minutes.



Your eyes will be blurry after the test and you cannot drive for up to 9 hours.

At the appointment



When you arrive for your test, wait until your name is called.



The person who gives you the test is called a screener. The screener will talk to you about your eyes and your diabetes before the test.



Please tell the screener when you were told you had diabetes and if you take tablets or injections to control it. If you wear glasses or contact lenses, bring them with you.



You will be asked to agree to have the test.



If you think you are pregnant, please tell the screener.



The screener will ask you to look at some letter charts or picture charts.



The screener will put drops in your eyes to make your pupils (black bits) bigger.



You will have to wait 20 minutes for the eye drops to work. They might sting your eyes and blur your sight. This is temporary.



At the test, the screener will use a special camera to take a photo of the back of your eyes. This doesn't hurt and the camera won't touch your eyes.



You need to keep your head still when the photograph is taken.



The eye drops might make things look very bright. It is a good idea to bring sunglasses.



The eye drops might take up to 9 hours to wear off.



You cannot drive until the eye drops have worn off.

Results



We will write to you and your family doctor (GP) within three weeks with the result of your test. We will tell you and your doctor if you need any other tests or treatment.



Keep this letter safe and share it with your family or the people who support you.

If you need treatment



Most people do not need treatment. If you do, we will send you an appointment to see an eye doctor at the hospital.



The eye doctor will explain everything about what will happen at your appointment.

More information



Freephone 1800 45 45 55



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www.diabeticretinascreen.ie