



Diabetic RetinaScreen

An Clár Náisiúnta Scagthástála Reitíní do Dhiabéitigh
The National Diabetic Retinal Screening Programme

Your guide to digital surveillance eye screening



Who is the leaflet for?

This leaflet is for you if you have had a recent eye screening appointment for diabetic retinopathy that showed some changes, due to diabetes, in the retina of your eye.

Because of these changes we will monitor your eyes in a surveillance clinic.

What does monitoring in a surveillance clinic mean?

This is a new service that we have introduced to the Diabetic RetinaScreen programme.

It monitors minor changes to your eyes in a digital surveillance screening clinic if your diabetic retinopathy has developed, but does not yet require treatment.

Monitoring in the surveillance clinic will mean you may receive two or more appointments annually to have your eyes screened.

What happens next?

You will have one of three outcomes:



1. If your diabetic eye screening test shows signs of improvement, you may return to routine annual screening and will receive an invitation through the post.



2. If your diabetic eye screening test shows that the changes continue, but still do not require treatment you will undergo surveillance testing again and will receive an appointment in the post.



3. If your diabetic eye screening test shows signs of worsening diabetic retinopathy, we will need to refer you to a hospital eye clinic for further tests or treatment.

You will remain under the care of the hospital, until your diabetic retinopathy shows signs of improvement and it is considered safe to discharge you back to digital surveillance or routine annual screening.

Practical hints and tips for the day of your appointment

Bring your current glasses (spectacles and contact lenses) with you:



Bring sunglasses with you to wear on your way home, as your eyes may be sensitive to bright light after your appointment.



Remember that you should not drive for up to nine hours after your appointment as you may be given eye drops that can blur vision.



Take your medication as prescribed.

What can you do to minimise your risks of diabetic retinopathy?

Control your blood sugar and blood pressure.

Take your medication as prescribed.

Attend your free diabetic retinopathy eye screening appointments.

What should you do if you have concerns about your eyes between screening appointments?

If you have concerns about your eyes, do not wait for your next diabetic retina eye screen appointment. You should contact your GP (family doctor), eye doctor or optician if your sight gets suddenly worse, or you may lose all or part of your sight.

How reliable is diabetic retinopathy screening?

Like all screening tests, diabetic retinopathy screening is not 100 per cent reliable. Diabetic retinopathy screening looks only for diabetic retinopathy and may not detect other eye problems. This is why it is so important to see your GP (family doctor), eye doctor or optician if you have any concerns about your eyes or your sight. This is not a replacement for a regular eye exam as it only looks for diabetic retinopathy.

Where can I find more information?

For more information

Freephone 1800 45 45 55

www.diabeticretinascreen.ie