



Diabetic RetinaScreen

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

Your guide to two-yearly screening for diabetic retinopathy



An tSeirbhís Náisiúnta Scagthástála
National Screening Service

Who is the leaflet for?

This leaflet is for you if your last two diabetic retinopathy screens showed that you have no retinopathy.

Because of this, it is safe for you to move to a two-yearly screening pathway.

What does two-yearly screening mean?

Two-yearly screening means you come to a Diabetic RetinaScreen appointment every two years instead of every year. At this appointment, you will have the same type of screening test as you usually have.

If you have had two recent screens showing 'no retinopathy', your risk of developing significant retinopathy is very low. That is why we believe it is safe for you to have a two-yearly screening.

Remember: Diabetic retinopathy screening looks only for diabetic retinopathy and may not detect other eye problems. It is important to see your doctor, eye doctor or optician if you have concerns about your sight.

What will happen at my next test?

At your next Diabetic RetinaScreen test, you will have one of the following three outcomes (results) below. We tell you what each of these results mean:



1. Your diabetic eye screening test remains the same.

This means we will call you back for a screen in two years, and post you an appointment letter when it is due.



2. Your diabetic eye screening test shows there are some changes, but you still do not need treatment.

This means we will call you back to an annual screen, and post you an appointment letter when it is due.



3. Your diabetic eye screening test shows signs of worsening diabetic retinopathy.

This means we will refer you to a hospital eye clinic for further tests or treatment. We will post you details of this appointment when it is due.

You will remain under the care of the hospital until your diabetic retinopathy shows signs of improvement. At this point, it will be safe for you to go back to routine annual screening.

Tips for the day of your appointment



Bring your 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.



Do not drive for up to nine hours after your appointment, as you may be given eye drops that can blur vision. You may need assistance if you use public transport during those nine hours. We recommend that someone collects you from your appointment and brings you home.



Take your medication as prescribed.

Where can I find more information?

You can find more information about two-yearly screening and general information about Diabetic RetinaScreen by:

- calling Freephone **1800 45 45 55** or
- visiting **www.diabeticretinascreen.ie**