Having your eyes tested is the only way to find out if diabetes is damaging your sight.

It is important your eyes are tested every year to check for problems.

This special eye test is often called the NHS Diabetic Eye Screening Test.

You will be sent a letter telling you when and where your appointment is.

You should go to the appointment with someone know.

The appointment usually takes about 45 minutes.
It is a good idea to find out if the place where the screening happens has wheelchair access

Make sure they know about any other needs you have too

The eye doctor will talk to you about your sight and diabetes

Remember to take your glasses with you

Remember to take any information you have about your health with you

• If you have a Health Action Plan take this with you

• It is a good idea to fill in the form called ‘Telling the optometrist about me’. Take this form with you

The form is free from our website www.seeability.org
The eye doctor will look at your eyes

The eye doctor may get close to you to use a bright light to look into your eyes.

The eye doctor will ask you to look at some charts

There are letter charts and picture charts.

You will need to have eye drops

The drops might make your eyes sting. The stinging won’t last long.

You will have to wait 20 minutes for the eye drops to work.
The eye drops might make things look very bright

It’s a good idea to take sunglasses to wear

The drops may take up to 6 hours to wear off. You cannot drive until the eye drops have worn off

A machine will take a photo of the back of your eyes

It doesn’t hurt. The camera won’t touch your eye

You will need to keep your head still

Someone may need to help you to keep your head still

The machine will take a photo of the back of your eye

You will be able to see the picture of the back of your eye on a computer screen
The eye doctor will look at the photos of your eyes

They will decide if you need any treatment

The eye doctor will send you and your GP information about your diabetes and your eyes

They will tell you and your doctor if you need any treatment

If you need any treatment for your eyes:

You will be sent an appointment to see the eye doctor

Your treatment will be done at your hospital eye clinic
Treatments might include:

• using very bright lights called lasers to mend the back of your eyes

• an operation on the inside of your eye

It’s a good idea to visit the eye clinic before your treatment

You can talk to a nurse about what the eye doctor needs to do

Some eye hospitals also have people to talk to called Eye Clinic Liaison Officers (ECLO)
Keep the information from your diabetic eye screening appointment safe

Share the information with people who support you

If you think you are pregnant you will need to tell the eye doctor

You will need to have diabetic eye tests more often

We have a factsheet about Diabetes and Your Eyes

We also have a number of other Easy Read factsheets

For more information see our other Easy Read Factsheets

Go to: www.seeability.org/easyread/

Design by The Clear Communication People Ltd. email: mike@communicationpeople.co.uk. Some photosymbols used go to www.photosymbols.com

www.seeability.org

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