

# Diabetic Eye Screening



## What happens at a diabetic eye screening appointment?

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Easy read factsheet



Having your eyes checked is the only way to find out if diabetes is making your eyesight worse. This special eye test is called NHS Diabetic Eye Screening

2019

2020

2021

It is important your eyes are checked every year to look for problems caused by diabetes



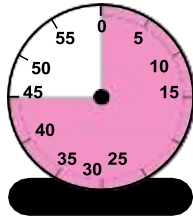
This is a special test about diabetes. You will still need to see the optician for an eye test every year



You will be sent a letter telling you when and where your diabetic eye screening appointment is



You should go to the appointment with someone you 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 like eyesight or hearing problems



The eye screening team will talk to you about your eyesight 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

**Telling the optometrist about me** easy read form

**Information about me and my sight** **SEEABILITY**  
Seeability easy read

Please fill in this form and take it with you to your eye test

Your supporter can fill in this form with you. It's okay to ask them to write on the form

Please also take these things with you to your eye test:

- Your glasses if you have any
- The prescription from your last eye test
- Evidence of any benefits you get
- Your Health Action Plan if you have one

If you are filling in this form for someone else please fill in this section

Your name and role:

Your address:

Phone number:

Email address:

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**The form is on our website**  
[www.seeability.org/optom](http://www.seeability.org/optom)

**The eye screening team will look at your eyes**



The person who checks your eyes may get close to you to use a bright light to look into your eyes



**They 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

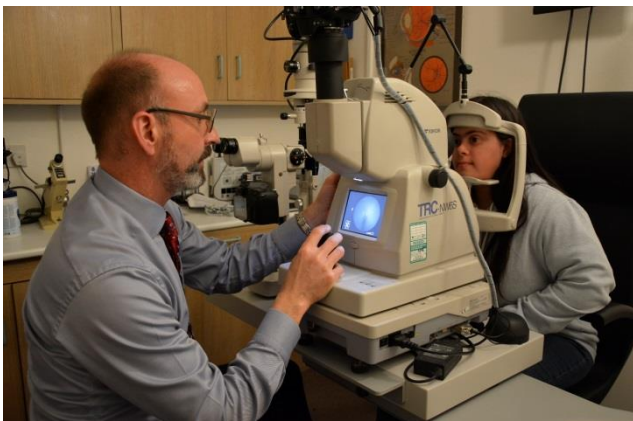


## The eye drops might make things look very bright

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

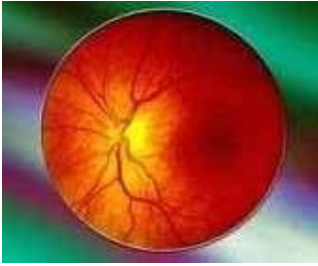


## A machine will take a photo of the back of your eyes

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



You will be able to see the picture of the back of your eye on a computer screen



The eye screening team will look at the photos of your eyes



If they cannot take a photo of the back of your eyes, ask about other ways of checking this



They will decide if you need any treatment



**The eye screening team will send you and your GP information about your diabetes and your eyes**



They will tell you and your GP 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 hospitals have Learning Disability Nurses to help you get the right care



Some hospitals also have people to talk to called Eye Clinic Liaison Officers (ECLLO)



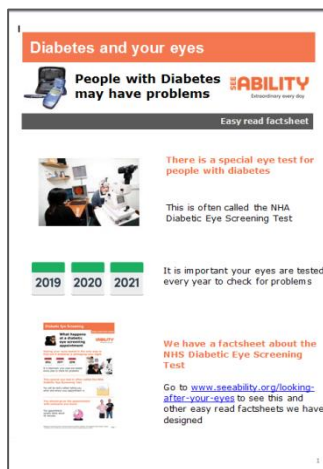
**Keep the information from your diabetic eye screening appointment safe**

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 for about one year



## We have a factsheet about Diabetes and Your Eyes

We also have other easy read factsheets on our website

Go to:  
[www.seeability.org/looking-after-your-eyes](http://www.seeability.org/looking-after-your-eyes)

SEE  
**ABILITY**



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