

# Your diabetic retinopathy screening appointment during COVID-19

We're sorry if your last screening invitation was delayed because of COVID-19. We're now restarting our screening programmes but have made some changes to how we deliver these services. These changes are to make sure we can keep you and our staff safe during this difficult time.

Staff will be wearing the recommended personal protective equipment (PPE), and our reception and waiting areas will be quieter. But we would like to reassure you that there is no change to the screening test itself.

**If you're able to attend your appointment it's important to do so. Screening can find early signs of diabetic eye disease and allows us to provide referral and treatment if necessary.**

You may have some questions or you may be worried about accepting your screening invitation. We've tried to answer some of the questions and concerns you may have in this leaflet. But please call the number on your invitation letter if you have any other concerns.

### **Q Where can I find the most up-to-date information on public transport?**

For the most recent guidance on how to travel safely, go to Transport Scotland's website:

**[www.transport.gov.scot/TravelAdvice](http://www.transport.gov.scot/TravelAdvice)**

### **Q I've been asked to shield, should I still go to my appointment?**

Shielding information may change. To find the most up-to-date advice on shielding please go to the NHS inform website: **[www.nhsinform.scot/coronavirusshielding](http://www.nhsinform.scot/coronavirusshielding)**

### **Q I'm self-isolating right now. Should I go to my appointment?**

You should not go to your appointment if you're self-isolating. Please call the number on your invitation letter to change the day of your appointment.

### **Q What will be different when I go to my appointment?**

**You may be asked to wear a face covering during your appointment, in line with national guidance.** You may be asked to use hand sanitiser before coming into the building. Staff may also be wearing PPE, such as masks, gloves, aprons, face visors or eye protection. Your screening appointment may take longer to allow for the new safety measures to be followed.

### **Q Is it safe to attend my appointment?**

We'll still have our normal safety measures, as well as adding new ones. You can help keep the risk low by following any instructions given to you when you arrive, as well as general guidance for keeping yourself safe. You can find out more about keeping yourself safe on the NHS inform website:

**[www.nhsinform.scot/coronavirusadvice](http://www.nhsinform.scot/coronavirusadvice)**

### **Q I have a cough and/or other signs of COVID-19, what should I do?**

If you have any signs of COVID-19 (cough, fever or a loss of, or change in, sense of smell or taste), **please do not go to your appointment**. Please call the number on your invitation letter to change the day of your appointment.

If you think you have COVID-19 and would like to check your symptoms, phone **0800 028 2816**. Or, to find out more about the symptoms of COVID-19, go to the NHS inform website: **[www.nhsinform.scot/coronavirusadvice](http://www.nhsinform.scot/coronavirusadvice)**

### **Q Can someone come with me to my appointment?**

Please go to your appointment alone unless you need help from a carer or family member. Please think about how you'll get home after your appointment if you need to have eye drops. Eye drops can affect your vision and you should not drive for a few hours after you have them. Someone could wait outside and be there to drive you home.

### **Q When should I arrive for my appointment?**

Arrive as close to your appointment time as possible. Waiting room space is limited to allow for distancing.

Please make sure you check where your appointment is, as appointments may be in different places.

### **Q What should I do when I arrive?**

You'll be given instructions about what to do once you arrive at your appointment. You may be asked to wait outside as waiting room space is limited. This will allow you to keep the recommended distance from other people.

## Q Where can I get more information?

For more information on diabetic retinopathy screening, go to the NHS inform website: **www.nhsinform.scot/drstest**

Staff at your screening centre will be happy to help with anything you need to know. You can find the phone number on your invitation letter.



Translations



Easy read



BSL



Audio



Large print



Braille

### Other formats available at:



**www.nhsinform.scot/otherformatsdrs**



**0131 314 5300**



**nhs.phs-otherformats@nhs.net**

Note: The information in this leaflet was correct at the time of printing but guidance may change. Please go to the NHS inform website for the most up-to-date information: **www.nhsinform.scot**

All the photos in this appointment pack were taken before COVID-19. Photos do not include safety measures such as face masks or distancing.