

What screening results might I get?

If any slight changes to your eyes are found, you may be asked to return for a further appointment in 6 months' time.

Your results may show that you need further investigation or treatment. The hospital eye clinic will contact you with an appointment.

If the quality of the photograph is not good enough, you will be asked to return for a further examination.

Diabetic retinopathy screening is part of managing your diabetes. Diabetic retinopathy is usually treatable, especially if caught early.

NHS Scotland will keep your personal screening information, including test results, in an approved secure environment. All staff must keep your personal information confidential. For more information about your rights or how the NHS uses your personal information contact the NHS inform helpline free on **0800 22 44 88** (textphone 18001 0800 22 44 88) or visit **www.nhsinform.scot/confidentiality** and/or **www.nhsinform.scot/data-protection**

How can I reduce the risk of developing diabetic retinopathy?

- Control your blood glucose as effectively as possible.
- See your doctor regularly to check your blood pressure is not raised.
- Attend your diabetic retinopathy screening appointments.
- Visit your optometrist if you have a problem with your sight.
- Take your medication as prescribed.

Where can I get more information?

Your invitation letter has more details about what you need to do next. You can also find out more by visiting:

NHS inform:

www.nhsinform.scot/drsscreening

My Diabetes My Way:

www.mydiabetesmyway.scot.nhs.uk

Diabetes Scotland:

www.diabetes.org.uk/scotland

Or phone the Diabetes Scotland helpline on **0141 212 8710***

(*Calls may be recorded for quality or training.)

This leaflet explains what diabetic retinopathy is and why getting screened is important.

This resource may also be made available on request in the following formats:



☎ **0131 314 5300**

✉ **nhs.healthscotland-alternativeformats@nhs.net**

Published by NHS Health Scotland

1 South Gyle Crescent
Edinburgh EH12 9EB

© NHS Health Scotland 2018

First published 2013

Originally produced by the NHS Diabetic Eye Screening Programme, Public Health England.

All rights reserved. Material contained in this publication may not be reproduced in whole or part without prior permission of NHS Health Scotland (or other copyright owners). While every effort is made to ensure that the information given here is accurate, no legal responsibility is accepted for any errors, omissions or misleading statements.

NHS Health Scotland is a WHO Collaborating Centre for Health Promotion and Public Health Development.

www.healthscotland.scot



Your guide to diabetic retinopathy screening



DiABETES SCOTLAND
KNOW DIABETES. FIGHT DIABETES.



What is diabetic retinopathy?

This condition occurs when diabetes affects the small blood vessels in the retina, which is at the back of the eye. The blood vessels in the retina can leak or become blocked.

This condition may cause blindness or serious damage to your eyesight. In its early stages there are no symptoms so you may not realise that you have diabetic retinopathy.

Why should I be screened?

If you have diabetes then screening is important because your eyes are at risk of damage from diabetic retinopathy. Screening is a key part of your diabetes care and can reduce that risk by detecting the condition early, before you notice any changes to your sight.

Untreated diabetic retinopathy is one of the most common causes of sight loss in people of working age. When the condition is caught early, treatment is effective at reducing or preventing damage to your sight.

How often will I be offered screening?

Screening is offered every year to anyone with diabetes aged 12 and over. If the appointment you have been offered is not suitable you can make another one for a date and time that suits you.



What will happen at my screening appointment?

- 1 Photographs are taken of the back of your eyes. The camera does not come into contact with your eyes. All photographs are then carefully examined for signs of retinopathy.
- 2 Around **1 in 4** people may need to be given eye drops so that a good photograph can be taken.
- 3 The appointment will normally last approximately **10 minutes** (it may take **30 minutes** if eye drops are used).
- 4 Your results letter is sent to you and your GP (and your hospital diabetes clinic, if you attend one) within **4 weeks**.

Bring all the glasses and contact lenses you wear with you, as well as lens solution for contacts.

Are there any side effects?

If eye drops are used, there may be some side effects:

- Your eyes may sting briefly.
- Your eyes are likely to become sensitive to bright light, so you may want to bring sunglasses to wear afterwards.
- You may experience blurred vision and it is recommended that you do not drive for a few hours after the appointment. You should make alternative arrangements for getting home safely.

By law, you should not drive if you cannot read a number plate clearly from 20 metres.

Will I still need to have a regular eye test at the optometrists?

Yes, you need to do both. Your screening photographs will be graded either by a health professional or an automated grading system to detect diabetic retinopathy but not any other eye conditions. You should continue to visit your optometrist regularly for a free eye check as well.