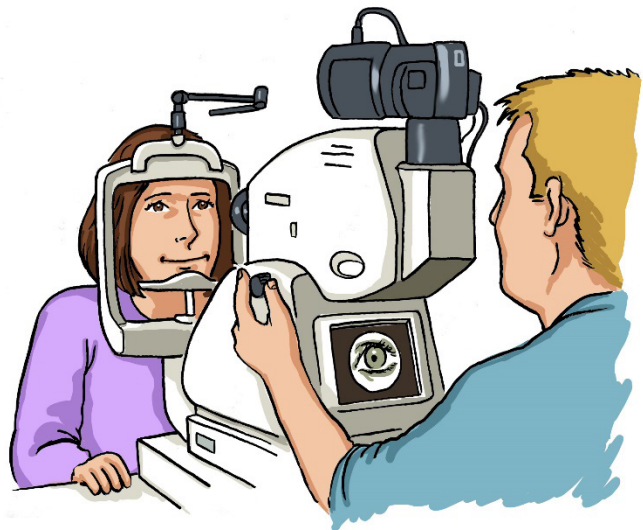


Diabetic eye screening



Easy read



In this booklet, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



You might need to ask someone to help you read this booklet.



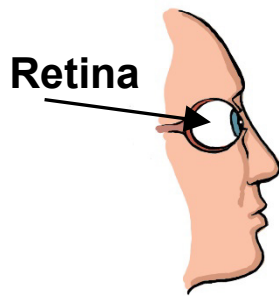
The images in this booklet are from before COVID-19 started.

The health professionals might wear a face mask, apron and gloves.

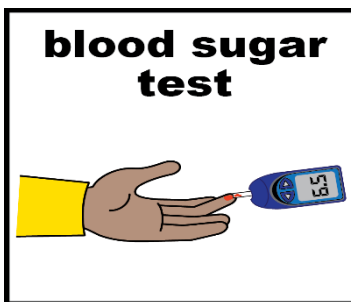
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	How to help stop losing your sight from diabetes	9
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Diabetic retinopathy



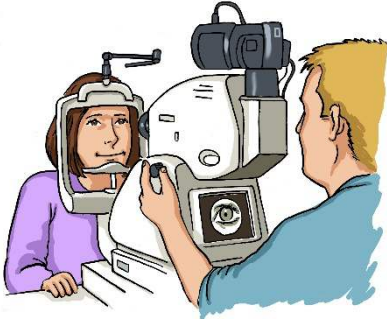
Diabetic retinopathy means that the small blood vessels at the back of your eye (called the retina) is damaged.



Diabetic retinopathy is caused by **diabetes** which can affect your eyesight.

Diabetes is a medical condition that means a person has too much sugar in their blood.

Diabetic eye screening



Screening is important as early treatment can help stop you losing your eyesight.

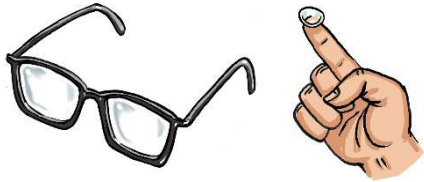


You will get a letter telling you when your appointment is.

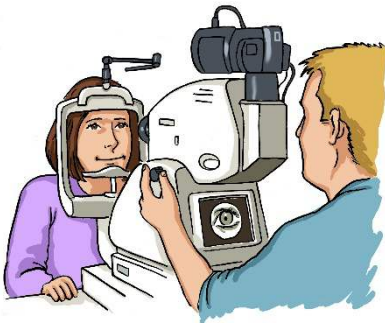
Your screening appointment



Please come to your appointment alone unless you need help from a carer or family member.



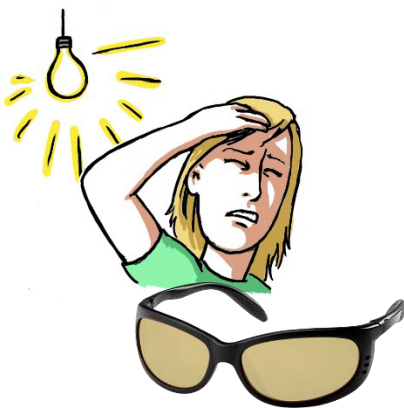
Bring all the glasses and contact lenses you wear to the appointment with you.



Photographs are taken of the back of your eyes.



Some people may need to be given eye drops so that a good photograph can be taken.



Bright light might hurt your eyes for a while.
Bring sunglasses to wear afterwards.



The appointment will normally last about 10 minutes.



It might take 30 minutes if eye drops are used.



You should not drive after the appointment as your eye might be blurry.

Your results



A letter with your results is sent by 4 weeks to

- you
- your GP
- your hospital diabetes clinic.



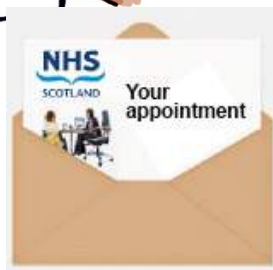
If no retinopathy is found you will be asked to come back again in 12 months.



An unclear result means the photograph was not clear enough and you will be asked to come back for another screening test.



Your results may show that you need more tests or treatment.



The hospital eye clinic will contact you with an appointment.

How to help stop losing your sight from diabetes



Go to your diabetic eye screening appointments.



Take your medicines your doctor has given you.



Eat a healthy diet.



Stop smoking.



Visit your optician if you have a problem with your sight.

More information



For more information, talk to your practice nurse or doctor.



Got to these websites

www.nhsinform.scot/desscreening



My Diabetes My Way

www.mydiabetesmyway.scot.nhs.uk



Diabetes Scotland

www.diabetes.org.uk/in_your_area/scotland



RNIB Scotland

www.rnib.org.uk/scotland



Driver and Vehicle Licensing Agency (DVLA)
**[www.gov.uk/diabetic-retinopathy
-and-driving](http://www.gov.uk/diabetic-retinopathy-and-driving)**



Quit Your Way (Scotland's quit smoking
service)
www.quityourway.org.uk



0800 84 84 84 (free)



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For more information about your rights or how the NHS uses your personal information go to these websites



www.nhsinform.scot/confidentiality



www.nhsinform.scot/data-protection



or phone the NHS inform helpline on
0800 22 44 88



If you want this booklet in:

- another language
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- BSL
- Braille
- Large print



email **phs.otherformats@phs.scot**



or visit this website

www.nhsinform.scot/desscreening



Or phone **0800 030 8013**.



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