Your guide to diabetic retinopathy screening

Easy Read 2019 edition

👍 This leaflet has a few difficult words and ideas in it
We have made this leaflet as accessible as possible. There are still some difficult ideas in it. You might need to ask a friend, family member, carer or health professional to help you read this booklet.

Leaflets with the green thumbs up symbol on the cover have a small number of difficult words and ideas in them.

Leaflets with the orange thumbs up symbol on the cover have a few difficult words and ideas in them.

Leaflets with the red thumbs down symbol on the cover have quite a lot of difficult words and ideas in them.

If you see the symbol on the left it means there is a difficult medical word. This is a word that you might hear when you visit your doctor. You might also see it on letters and leaflets you get from your doctor.
What is diabetic retinopathy?

Diabetic retinopathy means that an area at the back of the eye (called the retina) is damaged.

This condition can affect your eyesight. It can make you go blind.

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

Why should I be screened?

You have been asked to a screening because you have diabetes, and your eyes might get damaged.

Screening is an important part of your diabetes care. When the condition is caught early, treatment can stop damage to your sight.

How often will I be offered screening?

Screening is offered every year to anyone with diabetes aged 12 and over.
What will happen at my screening appointment?

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.

The appointment will normally last about **10 minutes** (it may take **30 minutes** if eye drops are used).

A letter with your results is sent to you and your GP and your hospital diabetes clinic, if you go to one within **4 weeks**.

Bring all the glasses and contact lenses you wear to the appointment with you.
Side effects. This is what we call it when some people get ill after having treatment.

**Are there any side effects?**

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

- Your eyes may sting for a short time.

- Bright light might hurt your eyes for a while, so you may want to bring sunglasses to wear afterwards.

- You may have blurred vision and should not drive for a few hours after the appointment.

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

Yes, you need to do both.
What screening results might I get?

If the photograph is not clear enough, 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 can I lower the chance of getting diabetic retinopathy?

Control your blood sugar.

See your doctor regularly to check your blood pressure.

Go to your diabetic retinopathy screening appointments.
Visit your optician if you have a problem with your sight.

Take your medicines as prescribed.

Where can I get more information?

For more information, talk to your practice nurse or GP

Call the NHS inform helpline on 0800 22 44 88 (textphone 18001 0800 22 44 88). The helpline also provides a translation service.

More information can be found at www.nhsinform.scot/drsscreening
My Diabetes My Way:
www.mydiabetesmyway.scot.nhs.uk

Diabetes Scotland:
www.diabetes.org.uk/in_your_area/scotland

Or phone the Diabetes Scotland helpline
0141 212 8710

Or email
helpline.scotland@diabetes.org.uk

This publication is available online at
www.healthscotland.scot

For any other information, email
nhs.healthscotland-publications@nhs.net
The original English version of this resource is also available in Urdu, Chinese and Polish.

NHS Health Scotland is happy to consider requests for other languages and formats.

Please telephone

0131 314 5300

or email

nhs.healthscotland-alternativeformats@nhs.net