

Tips to help with your appointment

- You should not drive or operate machinery after your appointment until your vision has returned to normal. Your vision may be blurry for about 4-6 hours after your appointment.
- You may need someone to bring you home, so arrange transport before your appointment.
- Take any prescribed medication as normal.
- Eat as normal; there is no need to fast.
- Bring your glasses (distance glasses or contact lenses) if you wear them, and sunglasses if your eyes are sensitive.
- If you are under the age of 16, your parent or guardian must go with you to your appointment.

How you can reduce your risk of developing diabetic retinopathy

There are some changes you can make that will help you:

- Attend your free digital surveillance eye screening appointments.
- Control your blood sugar and blood pressure.
- Take your medication as prescribed.
- Attend your diabetes care appointments every 6 months.
- If you smoke, get support to help you quit. Visit www.quit.ie for advice.

What to do if you notice changes to your sight

If you notice changes to your sight, or have any concerns about your eyes, you should visit your GP, optician or eye doctor immediately. Do not wait until your next screening appointment.

These changes could include:

- sudden vision loss or sensitivity to light
- spots or dark strings floating in your vision (floaters)
- blurred or fluctuating vision (changes in vision).

The limitations of diabetic retinopathy screening?

Diabetic retinopathy screening is not a replacement for your regular eye exam.

Screening looks for diabetic retinopathy and might not detect other eye conditions.

No screening test is 100% reliable.

How we keep your information safe

We keep your personal details and health records secure and ensure their confidentiality. We use and store your information in line with the General Data Protection Regulation (GDPR). We only use the information we need:

- to provide you with the best healthcare service
- to comply with our public health responsibilities.

You can request all your personal information and screening records by contacting the programme.

Where you can find more information

For more information about Diabetic RetinaScreen:

Write to Diabetic RetinaScreen, National Screening Service, King's Inns House, 200 Parnell Street, Freepost FDN7633, Dublin 1, D01 A3Y8

Freephone 1800 45 45 55

Email info@diabeticretinascreen.ie

Visit www.diabeticretinascreen.ie

Or scan this QR code for more information:



Scan for more information



Diabetic 
RetinaScreen
An Clár Náisiúnta Scagthástála Reitíní do Dhiabéitigh
The National Diabetic Retinal Screening Programme

Your guide
to digital
surveillance
eye screening
(closer monitoring
of your eyes)

Who this leaflet is for

This leaflet is for you if you had a recent eye screening test for diabetic retinopathy that showed changes due to diabetes in the retina (back of your eye).

Because of these changes, we will closely monitor your eyes in a local screening clinic.

What Diabetic RetinaScreen is

Diabetic RetinaScreen is a government-funded retinal screening programme. It offers free, regular diabetic retinopathy screening to people over the age of 12 who have diabetes. If you have diabetic retinopathy, we aim to detect it and get treatment for it as soon as possible to help reduce any damage to your sight.

What digital surveillance eye screening is

Digital surveillance eye screening is where your eyes are monitored more frequently than once a year, but you do not need treatment yet. Your screenings are similar to the tests you have had before.

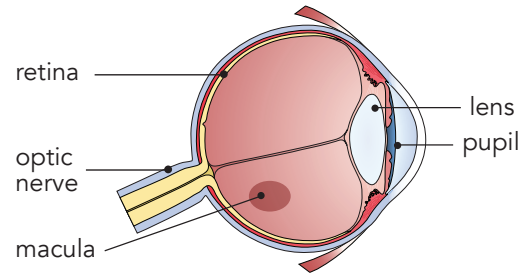
Why diabetic retinopathy screening is important

Untreated diabetic retinopathy is a very common cause of sight loss for people who have diabetes. When the condition is caught early, treatment is effective at reducing or preventing damage to your sight. Diabetic retinopathy eye screening is a key part of your diabetes care.

What diabetic retinopathy is

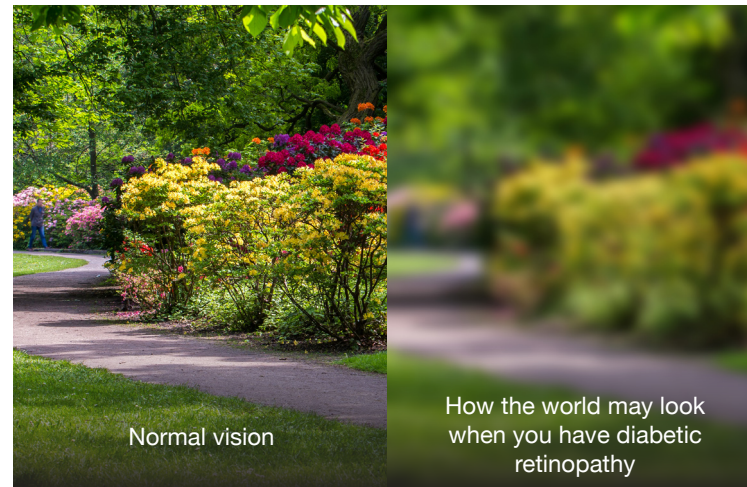
Diabetic retinopathy is a complication of diabetes that affects the small blood vessels at the back of the eye, in an area called the retina.

A healthy retina is necessary for good eyesight.



If you have diabetes, the blood vessels in the retina become thicker and the blood flowing in the blood vessels slows down.

In the early stages, diabetic retinopathy may not affect your sight. But if the changes get worse, eventually your sight will be affected.



When you will get your results

We will send you and your GP (family doctor) a letter about your test results within 3 weeks of your test appointment. This letter will set out the next steps.

What will happen next

There are 3 possible outcomes after your digital surveillance eye screening test:

1. Improvement – your eye screening test shows signs of improvement. You may return to annual screening, and you will receive an invitation through the post.
2. No improvement – your test does not show an improvement, but you do not require hospital treatment. You will remain in digital surveillance and you will receive an appointment letter in the post.
3. Getting worse – your test shows signs of worsening diabetic retinopathy. We will refer you to a Diabetic RetinaScreen treatment clinic in a hospital for further tests or treatment.

This follow-up assessment and treatment will be free-of-charge. It is important that you attend this appointment for treatment.

You will remain under the care of the hospital until your diabetic retinopathy shows signs of improvement, and it is considered safe to discharge you back to digital surveillance, or regular screening once a year.

If you want to know more about your screening results, please contact your GP who will be able to assist you.