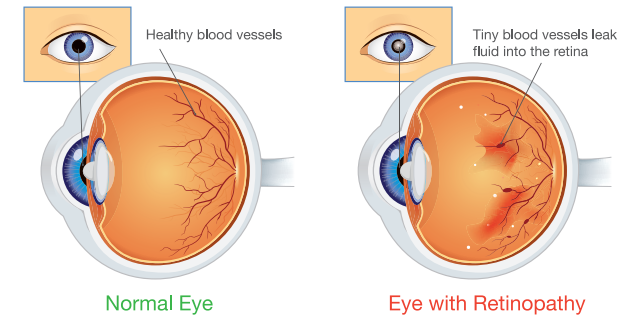


## PATIENT INFORMATION

# Your guide to Diabetic Retinal Screening



This leaflet is for people who have been diagnosed with diabetes and are being screened for **diabetic retinopathy**.

This leaflet outlines how diabetic retinopathy screening is carried out, potential risks as well as benefits, and what to expect afterwards.

Retinal Screening Programme  
Jersey General Hospital  
Y'a us d'un temps dans la vie



## Diabetic Retinal Screening

Is important as it prevents sight loss. If you have diabetes, your eyes are at risk of damage from a condition called diabetic retinopathy.

Screening can detect the condition early before you notice any changes to your vision.

### Remember:

Retinal screening is not included as part of your normal eye examination with an optician in Jersey.

Screening does not look for other eye conditions. You should continue to visit your optician regularly for an eye examination as well.

Retinal screening is a part of managing your diabetes.

Diabetic Retinopathy is treatable, if caught early.

## How can you help to reduce your risk:

- Control your blood glucose
- Attend your diabetic eye screening appointments
- Get advice if you have concerns about your sight from your GP or Optician
- Take medication as prescribed.

## For more information

You can read more about eye screening and diabetic retinopathy at:

- [Diabeticeye.screening.nhs.uk](https://diabeticeye.screening.nhs.uk)
- [www.diabetes.org.uk/retinopathy](https://www.diabetes.org.uk/retinopathy)

Email: [retinalscreening@health.gov.je](mailto:retinalscreening@health.gov.je)

Phone: **01534 444590**

Also available in:





## Diabetic Retinopathy

This occurs when diabetes affects small blood vessels, damaging the back part of the eye, which is called the retina. It can cause the blood vessels in the retina to leak or become blocked. This can affect your sight.

## Importance of screening

Retinal screening is an important part of your diabetes care. Untreated diabetic retinopathy is one of the most common causes of sight loss. Caught early, treatment is effective in reducing or preventing damage of your sight.

## When screening is offered

We invite everyone with diabetes aged 12 and over for diabetic retinal screening.

We usually invite you for diabetic retinal screening every 1-2 years. Some people may need to be screened more often than that.

## The Screening Test

- We will test your vision with your distance glasses (if worn).
- We put drops in your eyes to temporarily make your pupils larger. You may find the drops sting.
- We take photographs of the back of your eyes. The camera does not come into contact with your eye.
- The tests do not hurt.
- We send the photographs off-island to a team of experts who will check for any signs of retinopathy.

The appointment will last approximately 30-45 minutes.

We will send a letter to you and your GP within 6 weeks letting you know your screening results.

## Possible Results

Most people do not have any signs of eye disease. In which case you will be asked to come again in a year's time.

Sometimes you will be asked to come back for another test.

Screening can detect:

- Diabetic retinopathy.
- If you need treatment with a specialist in the hospital eye clinic.
- If you need more frequent checks.

## Practical hints and tips on the day

Bring sunglasses as your eyes can feel sensitive to light after the eye drops.

You may want to bring someone with you to the appointment to assist you with answering the questions needed prior to the screening.

Eye drops may affect your vision, so you must not drive for 4 hours after your appointment.

If you are unable to transfer to a chair or have any disabilities that may prevent you from having your eyes screened, please inform us and we may be able to arrange an alternative way of testing.

