

Easy Read

Changes to your diabetic eye test



How often you will be invited for your diabetic eye test has changed.



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



www.phw.nhs.wales/diabetic-eye-screening

How to use this leaflet



This is an Easy Read leaflet. The words are easy to read and understand. Difficult words are in **bold** the first time they are used.



You may need help and support to read and understand this leaflet. Ask someone you know to help you.



This leaflet is available in Welsh.

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What is this leaflet about?

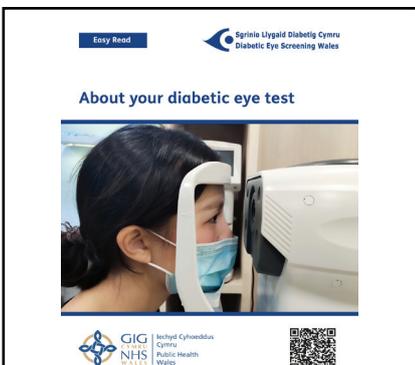


How often you are invited for diabetic eye screening has changed.

The change is for people who are at **low risk** of diabetic eye disease.



People over 12 years old with diabetes are invited for a diabetic eye screening.

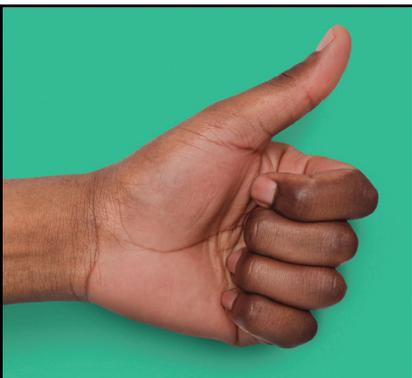


There is a leaflet available to tell you about this test.

What changes are happening?



If no diabetic eye disease is found in your last two diabetic eye tests, you will be invited every two years.



It is safe for you to go for your test every two years.



This change is for people at low risk of getting diabetic eye disease.



Low risk means that your chance of getting diabetic eye disease is low at the moment.

Why has this change been made?



The National Screening Committee work with the Government. They advise them about all the screening programmes.



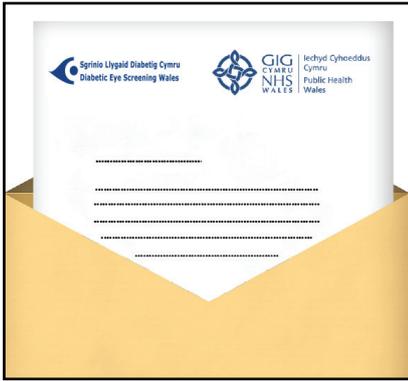
They do a lot of work to understand what screening is safe.



This change will allow us to see people at high risk of diabetic eye disease sooner.

This change is safe and has been made across the UK.

Who is this change for?



You will be invited for your diabetic eye test every two years if:

- You are aged 12 or over.
- Have type 1 or type 2 diabetes.
- Your last two tests found no signs of diabetic eye disease.



We will invite you for your test every two years as long as there is no diabetic eye disease.



If diabetic eye disease is found, you will be invited for your diabetic test more often.

What if I cannot get to my appointment?



It is important that you let us know.



We may be able to offer your appointment to someone else.



You can make another appointment for a different day, time and venue.

What if I am pregnant?



If you are pregnant you will be invited for your diabetic eye test more often.



When you are pregnant you are at **higher risk** of diabetic eye disease.



Higher risk means that your chance of having diabetic eye disease is higher at the moment.

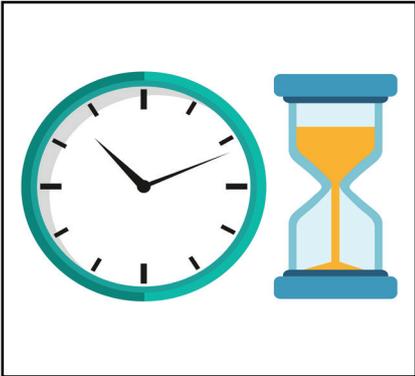


If you are pregnant and worried about your diabetes, talk to your midwife.

What if I notice changes to my eyesight?



If you notice any changes to your eyesight, contact your **optician** straight away.



Do not wait for your next diabetic eye test.

What if I am worried?



It is safe for people with no diabetic eye disease to have the test every two years.



If diabetic eye disease develops between appointments, it will be found early.

It is easier to treat when found early.



Speak with your optician if you are worried.

Keeping healthy



Stop smoking. You can get free help to support you to stop smoking.

Ring Help Me Quit on: 0800 085 2219.



Eat healthy food.



Move more.



Drink less alcohol.

Where can I get more information?



Phone: 0300 003 0500



Email: DESWenquiries@wales.nhs.uk



You can contact us in Welsh or English. It will take us the same amount of time to answer you, whichever language you choose.



You can visit our website:

phw.nhs.wales/diabetic-eye-screening

For more information and support visit:

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

www.diabetes.org.uk

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