

Easy Read

About your diabetic eye test



This test is for people aged 12 and over with diabetes



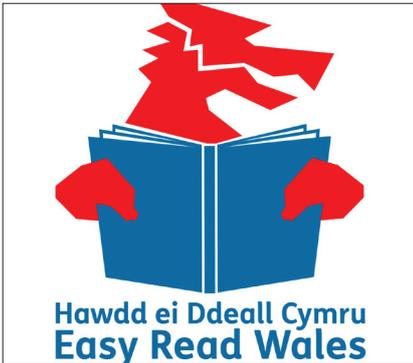
GIG
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Iechyd Cyhoeddus
Cymru
Public Health
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www.phw.nhs/diabetic-eye-screening

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?



This leaflet is about an eye test for people with diabetes.

12+
years

People who are aged 12 and over with diabetes are invited for diabetic eye screening.



People with diabetes can get diabetic eye disease.



Going for your diabetic eye test could save your sight.

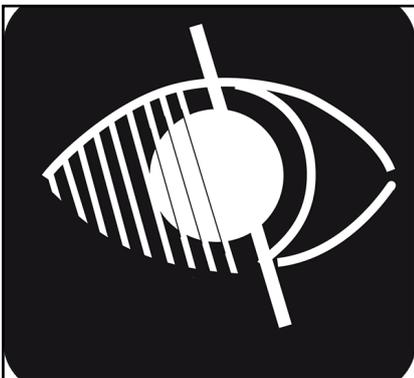
What is diabetic eye disease?



Diabetic eye disease can damage the back of your eye.



You may have diabetic eye disease without any changes to your sight.



If diabetic eye disease is not treated it can damage your sight.

If diabetic eye disease is not treated it can make you blind.



Diabetic eye disease can be treated if it is found early.

About your diabetic eye test



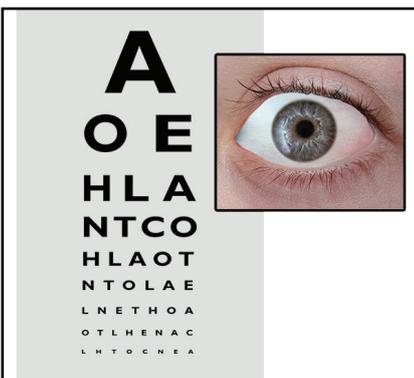
The best way to find diabetic eye disease is to have the diabetic eye test.



Photographs are taken of the back of your eyes.



The photographs will be checked for diabetic eye disease.



The diabetic eye test is different to the test with your **optician**.

It is important to go for both tests.



People aged 12 and over with diabetes will be sent a letter for an eye test.



You will be sent an invitation letter every year or every two years.

When you are invited will depend on your risk of diabetic eye disease.



Going for a diabetic eye test is your choice.



Your **appointment** will take about 40 minutes.



Your test may be in a hospital, **mobile clinic** or community clinic.



Let us know before your appointment if you:

- have a disability
- need support
- need an interpreter



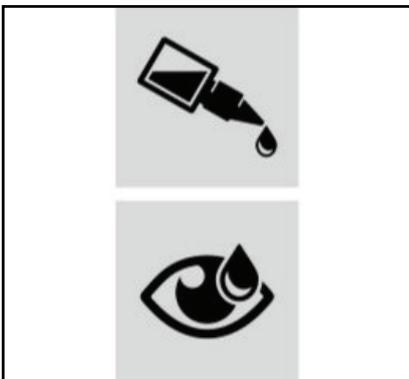
You can ask for a longer appointment.

You can come with a family member, carer or support worker.

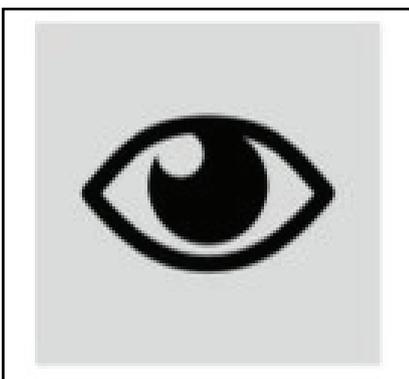


The person who does the test is called an **eye screener**.

The screener will ask you if you are happy to have the test.



Drops will be put into your eyes. The drops may sting but it will not last long. Your sight may become blurry.



The drops help to take clearer pictures of the back of your eyes.



You will need to wait for 20 minutes for the drops to work.



The screener will take photographs of the back of your eyes. They will use a camera with a flash.



You will need to keep your head still and your eyes wide open. The test does not hurt.



If you wear glasses, bring them with you.

Bring sunglasses with you, as the eye drops can make things very bright.



Your eyesight may be blurry. Do not drive for 4 to 6 hours after your appointment.

You will need to arrange transport home before you go to your appointment.

Your diabetic eye test results



The photographs of the back of your eyes will be checked for diabetic eye disease.



You will be sent a result letter in the post within 8 weeks.



Most people do not have diabetic eye disease.



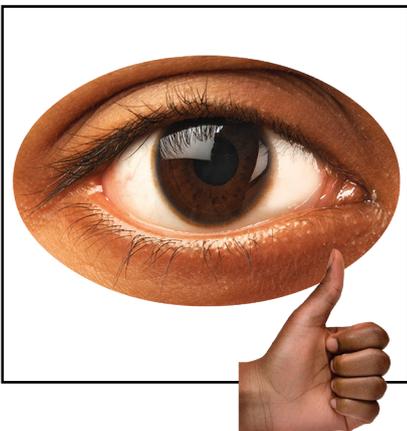
Your result letter will tell you when you will be invited again.



If you have diabetic eye disease, you may need to see an eye doctor.



You may need treatment at the hospital if you have diabetic eye disease.



Most treatment can stop diabetic eye disease getting worse or damaging your eye sight.

Looking after your diabetes



Your doctor will tell you how to check your blood sugar.

Check your blood sugar. This is also called your blood glucose level.



Go to your diabetes appointments.



Visit your doctor to check your **blood pressure** and **cholesterol**.

Cholesterol is fat in your blood.



Take medication if your doctor has asked you to.

Keeping healthy



Things you can do to look after yourself:

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.

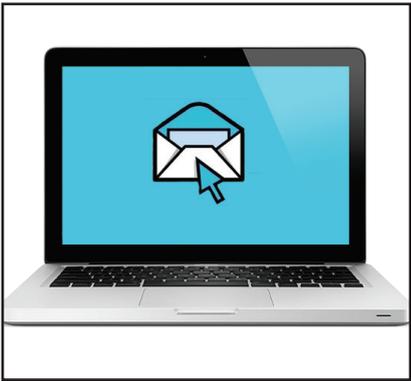


Drink less alcohol.

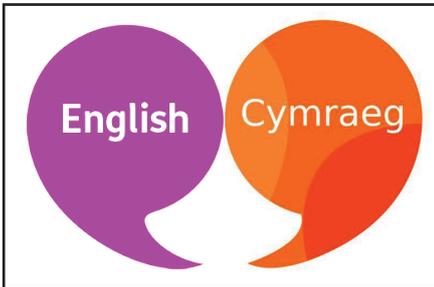
Where can I get more information?



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.



Website:

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

For more information and support, visit:

DiABETES UK

KNOW DIABETES. FIGHT DIABETES.

www.diabetes.org.uk