

### What happens after your eyes have been photographed?

The photographs will be reviewed by a trained retinal screener and a preliminary result will be given at the time of screening. Both you and your GP will be sent the final result by post approximately one month later.

If significant changes are found, or the photographs are difficult to interpret, you will be asked to attend an eye outpatient clinic at the NUH Queen's Medical Centre Campus. At the eye clinic you will have an eye examination and treatment if necessary. If no sight threatening retinopathy is found, repeat photography will be arranged in one year's time.

If you are having visual problems despite having no retinopathy detected by the screening service then you should seek the advice of your optometrist/optician. It may simply be that new glasses are required.

### Remember:

- It is important that you attend your appointment for photography. If you cannot attend, then please contact us so that alternative arrangements can be made. You may not need to come if you attend a hospital eye clinic.
- Bring any glasses that you need for near or distance.
- Bring some dark glasses for your journey home if it is a bright day.
- Please do not drive or operate machinery (as your vision may be blurred) for a few hours afterwards. This may also affect your car insurance.
- If you do not want to attend the appointment, please inform your GP and the retinopathy service of the reason.

**If you have any questions  
about your appointment  
please call:  
0115 9194411**

## Greater Nottingham Diabetic Retinopathy Screening Service

If you have any  
questions about  
your appointment  
please call -  
Tel: 0115 9194411

[www.nottinghamretinopathy.co.uk](http://www.nottinghamretinopathy.co.uk)

# What is Diabetic Retinopathy?

Diabetes can affect the blood circulation throughout the body. This can cause changes to the blood vessels within the eye, which is known as diabetic retinopathy.

At the back of the eye is a sensitive tissue called the retina. It is the part of the eye that we see with, similar to the film in a camera.

High blood sugar in diabetes can cause the fine blood vessels in the retina to become damaged. They may leak or become blocked.

These changes are more frequent in people with high blood sugars, high blood pressure or high cholesterol, but can affect anyone with diabetes.

## Why do you need to come to the screening service?

Most sight loss from diabetes can be prevented if detected early.

Early eye disease may be halted by improved treatment of diabetes and by laser treatment at the eye clinic if necessary. Laser treatment aims to preserve the sight, not to improve it, so early detection before symptoms is important.

Photographic screening is the most reliable means of detecting early damage. However, no screening process can be 100% reliable and the screening service cannot advise on other aspects of eye care. You will need to continue seeing your optometrist/optician.

The screening service is continually monitored in order to meet national quality standards.

## What happens at this appointment?

When you arrive at the screening location, you will need to report to reception.

You will then see the diabetic retinal screener who will ask you some questions about your diabetes and explain the screening procedure. They will then check your vision using an eye chart, and put drops in your eyes to dilate the pupils.

These drops take approximately 20 minutes to work, and will slightly blur the vision for a few hours before returning to normal.

Once your pupils have dilated, your eyes will be photographed. A special camera is used with a flash, but it does not touch or hurt your eyes.

Allow 45 minutes for the visit.