When you will get your results

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

What you should expect from the test results

Most people will have normal test results. They will have no retinopathy, or they may have early changes to their retinas (back of their eyes). If you get normal test results, the screening programme will invite you for your next screening appointment in 1 or 2 years.

You will be contacted for a further appointment if:

- the photographs are not clear enough to give a results
- you have diabetic retinopathy that needs to be assessed
- we detect other eye conditions that are not caused by diabetes.

If you require treatment, we will refer you to a Diabetic RetinaScreen treatment clinic in a hospital. This follow-up assessment and treatment will be free-of-charge.

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

How you can reduce your risk of developing diabetic retinopathy

- Attend your free diabetic retinopathy eye screening appointments.
- Control your blood sugar and blood pressure.
- Take your medication as prescribed.
- Attend diabetes care (a health professional) 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 your 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 Diabetic RetinaScreen.

Where you can find out 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

Plain English Approved by NALA

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Diabetic RetinaScreen

An Clár Náisiúnta Scagthástála Reitiní do Dhiaibéitigh
The National Diabetic Retinal Screening Programme

Your guide to diabetic retinopathy screening

What Diabetic RetinaScreen is

Diabetic RetinaScreen 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.

Diabetic RetinaScreen is the National Diabetic Retinal Screening Programme, and is funded by the government.

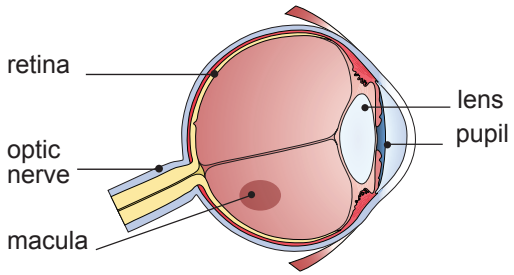
Why diabetic retinopathy screening is important

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.

Diabetic retinopathy is the name for two different changes in the retina that can affect the sight:

Diabetic macular oedema – this is where leaky blood vessels affect the part of the retina called the macula. If fluid leaks from these vessels and affects the centre of the macula, the person's sight will be affected. This is the more common eye change.

Proliferative diabetic retinopathy – this is where fragile new blood vessels form on the surface of the retina over time. These abnormal vessels can bleed or develop scar tissue, causing severe loss of sight.

Both of these changes can be treated and managed if they are detected early enough.

The risk of developing diabetic retinopathy

You are at risk of developing diabetic retinopathy if you have Type 1 or Type 2 diabetes. The longer you have had diabetes, the more likely you are to develop diabetic retinopathy.

What diabetic retinopathy screening is

This screening uses specialised digital photography to look for changes that could affect your sight. Frequent eye screening can detect diabetic retinopathy before you notice any changes to your sight.

How you get a screening appointment

You must register with Diabetic RetinaScreen to receive your eye screening appointment. There are two ways of registering with the programme:

1. You can self-register through www.diabeticretinascreen.ie; or by using this QR code:

2. Your GP (family doctor) or healthcare professional can refer you for diabetic retina screening.

Scan to register

If you are under the age of 16, your parent or guardian must go with you to your appointment.

What happens during your eye screening appointment

- Staff at your local screening centre will give you information about using eye drops as part of your screening appointment. They will ask for your consent to use them. It is important you understand the information before you consent.
- The drops will be put into your eyes to temporarily make your pupils larger.
- A staff member will take photographs of the back of your eyes with a special camera. The camera does not touch your eyes.
- An expert will review the photographs.
- The appointment will last about 30 minutes.

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.



Diabetic retinopathy screening uses specialised digital photography to look for changes that could affect your sight.