



Diabetes and your eyes

What is diabetic eye screening about?

All people with diabetes should have their eyes regularly screened (checked) for diabetic eye disease.

As someone with diabetes, you are at risk of developing diabetic eye disease, which causes **loss of vision and blindness**.



There are no early warning signs for diabetic eye disease. Don't wait for changes.

Screening can detect this condition early. Damage to your eyes can be prevented and reduced with good control of your blood sugar.

What happens during my eye screen?

- 1 We talk to you about your diabetes.
- 2 We check your vision. It's quick and it doesn't hurt.
- 3 We take a photo of the back of your eyes. The camera does not touch your eyes.
- 4 We may place eye drops in your eyes to widen your pupils to help with the photo. The drops will temporarily blur your vision and make your eyes sensitive to light.
- 5 We will show and explain the photograph to you. We send the results to you and your family doctor within three weeks.
- 6 We will let you know when you should have another eye screen test.

Preparation before eye screen test

Bring your:

-  Glasses
-  Medication
-  Sunglasses*
-  Hat*

**To make the trip home more comfortable as the drops will temporarily make your eyes sensitive to light.*



If you are advised you need eye drops, then please arrange for someone to drive you after the test.

How can I get my FREE eye screen test?

Ask your family doctor or nurse for a referral to the Diabetes Eye Screening Service.

If you have already received a letter or email from the service, please contact us immediately to book your **FREE** appointment in a diabetes eye screening clinic close to you.



(09) 277 1649
(please include your patient number if you leave a message)

Or



CMHRS@middlemore.co.nz
(please include your patient number in the subject line)

Note: The diabetes eye screening test only checks for diabetic eye disease. For other eye conditions, you should still visit your eye specialist /optometrist regularly.