

## Screening invitation

- If you are registered with a GP as diabetic, you will be invited by letter to attend screening.
- When you get the invitation letter, you must call the booking office on 028 9063 9599 to book a local screening appointment.
- You will then be sent a letter with a free screening appointment at either your GP practice or, if you reside in the Western Trust area, at one of six static sites.

## The screening appointment

- This involves taking two photographs of each eye. At the screening appointment, you may require drops in your eyes to temporarily make your pupils larger. You may find that the drops sting.
- Photographs of the back of your eyes are taken with a digital camera. The camera does not touch your eyes. The photographs are then sent to an expert to review.
- The appointment will last approximately 30 minutes.

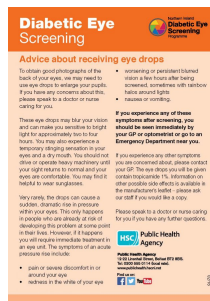
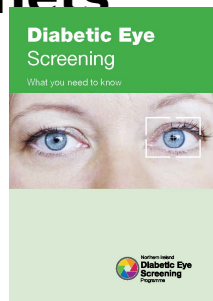
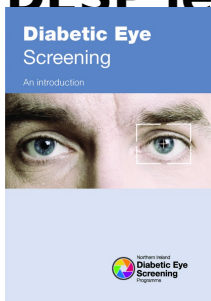
## Advice for the appointment

- If you wear glasses (distance glasses in particular) or contact lenses, bring them along. You should also bring lens solution for contacts.
- Your eyes can feel sensitive after the eye drops – sunglasses may help.
- You should not drive or operate machinery after your screening appointment as the eye drops will affect your sight for up to nine hours.

## Results

- You should receive your results letter by post about three weeks after your appointment. Your GP will also be sent a copy of the results.

## DESP leaflets



## **Users' views on the programme**

When I went to the Diabetic Eye Screening Programme after being diagnosed with type 2 diabetes, I was advised to slowly bring down my blood sugars. I needed laser treatment in one eye. The early treatment helped me retain my sight. I cannot thank all the staff enough.

***Arthur, March, 2016***

The new diabetic eye screening worked like a dream – from the initial letter asking me to phone and make a suitable appointment time (which was then confirmed in writing) to the actual visit to my GP surgery, it went without a hitch.

The practice nurse applied the eye drops then we waited 10 minutes. Then the actual screening, which was less than five minutes, after which my wife drove me home. No problem!

***Colin, March, 2016***

## **Useful links**

NHS Choices: [www.nhs.uk/Conditions/Diabetic-retinopathy/Pages/Treatment.aspx](http://www.nhs.uk/Conditions/Diabetic-retinopathy/Pages/Treatment.aspx)

Diabetes UK: [www.diabetes.org.uk/northernireland](http://www.diabetes.org.uk/northernireland)

RNIB: [www.rnib.org.uk](http://www.rnib.org.uk)

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