

Eye screening for women with diabetes

An **easy guide** to screening tests when you are pregnant



Contents: what is in this booklet

Page



Your choice

3



About this test

4



Test results

6

Your choice



This booklet has information about a test you can have.

The test can find problems with your eyes before you even notice them.

The test may not find every problem.

If we find a problem early we can give you information or tell you about treatment.



You can choose if you want to have the test.

If you say no to the test please tell your diabetes nurse.

It is better to have the test. We can make sure your eyes stay healthy.



If you are worried, you can talk to your midwife or doctor.

Your midwife can help you decide if you want to have this test.

You may want someone to come with you for support. This could be your partner, a friend, relative or key worker.

About this test

4



If you already have diabetes and then get pregnant we will offer you an extra diabetic eye screening test.

This is because you are more likely to have problems with your eyes when you are pregnant.

This extra test is the same as your usual diabetic eye screening test.

PRIVATE

We will keep your test results private.

We only show the results of the test to health staff who need to see them.



It is important to tell your midwife or health visitor about any health problems you have.



Glasses



Sunglasses

Take your glasses with you to the test.

Take sunglasses with you as well because things can look too bright after the test.



Eye drops

We will look for problems at the back of your eye.

We will put drops in your eye. The drops may sting.

We will take photos of your eyes. The drops make the photos better.



If we cannot get a good photo we will send you to an eye expert.



The eye drops can make things difficult to see.

You should not drive until your eyes return to normal, which can take around 6 hours.

Test results



You will get your results 6 weeks after the test.

Your doctor will get the results as well.



If there is a problem your diabetes nurse will help you.

You will be asked to go for more tests.

If there is a problem we will send you to an eye expert.



New home

It is important to tell your midwife or health visitor if you move home.

First published: February 2017

Updated June 2020

© **Crown copyright 2020**

Re-use of Crown copyright material (excluding logos) is allowed under the terms of the Open Government Licence, visit www.nationalarchives.gov.uk/doc/open-government-licence/version/2/ for terms and conditions.

Images courtesy of:

Photosymbols – glasses (page 5), cross (page 5), calendar (page 6), house move (page 6)

Pixabay: yellow car (page 5)

PHE publications gateway number: GW-1291



Find out how Public Health England and the NHS use and protect your screening information at www.gov.uk/phe/screening-data.

Public Health England (PHE) created this leaflet on behalf of the NHS