

When you can expect your results

We will send a letter to you, your GP, and the person who referred you to the programme, within 3 weeks of your test being taken. This letter will set out the next steps for you.

What your test results mean

Most women will have a normal result. They will have no retinopathy, or they will have early changes to their retinas (back of their eyes). They will be invited back for another diabetic retinopathy eye screening test when their next routine test is due.

You will be contacted for a further appointment if:

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

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

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.

Changes to your sight outside of your screening test

If you notice changes to your sight, or symptoms of diabetic retinopathy, it is important that you visit your GP, optician or eye doctor immediately. Do not wait until your next screening appointment. These changes could include:

- trouble reading or seeing faraway objects
- sudden vision loss
- shapes floating in your field of vision (floaters)
- blurred or patchy vision

How we keep your information safe

We keep your personal details and health records secure and confidential. 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 more information

For more information on diabetic retina screening in pregnancy, email pregnancyeye@screeningservice.ie. To find out more about the Diabetic RetinaScreen programme:

Freephone 1800 45 45 55

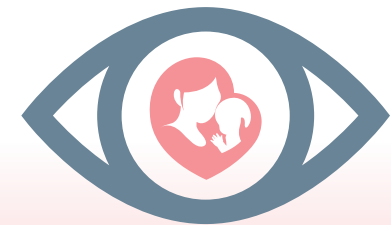
Visit **www.diabeticretinascreen.ie**

Write to Diabetic RetinaScreen King's Inns House, 200 Parnell Street, Freepost FDN7633, Dublin 1, D01 A3Y8.



Diabetic
RetinaScreen
An Clár Náisiúnta Scagthástála Reitíní do Dhiabéitigh
The National Diabetic Retinal Screening Programme

Diabetic Retina Screening in Pregnancy



Who should have diabetic retina screening in pregnancy

Diabetic retina screening checks for signs of diabetic retinopathy and other eye problems caused by diabetes. Only women who have Type 1 or Type 2 diabetes before becoming pregnant need to have more frequent eye screening.

Some women develop a third type of diabetes called gestational diabetes. This happens during pregnancy and usually goes away after the baby is born. You do not need diabetic eye screening if you develop gestational diabetes.

What diabetic retinopathy is

Diabetic retinopathy is a complication of Type 1 and Type 2 diabetes that affects the small blood vessels at the back of the eye, in an area called the retina. You need a healthy retina to have good eyesight. Diabetic retinopathy can cause the blood vessels in the retina to leak or become blocked and damage your sight. That is why everyone with Type 1 or Type 2 diabetes is offered eye screening.

Screening is very important when you are pregnant because the risk of serious eye problems is greater during pregnancy. When retinopathy is caught early, treatment is effective at reducing or preventing damage to your sight.

How often you will have diabetic retina screening during pregnancy

You will be offered screening at, or soon after, your first antenatal (pregnancy) clinic visit and also after 28 weeks of pregnancy. If we find early

stages of retinopathy at your first screening, we will offer you another test between 16 and 20 weeks of pregnancy. If we find significant retinopathy at any screening, we will refer you to an eye specialist in an eye treatment clinic in a hospital.

How to register for diabetic eye screening during pregnancy

Your midwife, diabetes nurse or hospital doctor will register you with Diabetic RetinaScreen. Diabetic RetinaScreen will then arrange a screening appointment for you. Your midwife diabetes nurse or hospital doctor can contact us via pregnancyeye@screeningservice.ie

What happens during an eye screening appointment

- Diabetic eye screening uses specialised digital photography to look for changes in your retina (back of your eyes) that could affect your sight.
- The screening test during pregnancy is the same as the routine eye screening you will have at all other times.
- Drops will be put into your eyes to make your pupils larger for a short time. The drops might sting your eyes. You will be asked to consent to the use of these eye drops. You should read the information about the eye drops that is given to you at your screening, and ask your screener any questions you have, before giving your consent.

- Photographs of the back of your eyes are taken with a special camera. The camera does not touch your eyes. Photographs are sent to an expert to review.
- The appointment will last about 30 minutes.

Screening and safety during pregnancy

Having the digital photos taken of your eyes is painless. The camera does not come into contact with your eyes.

The eye drops are commonly used in screening women who are pregnant in other countries. They may sting for a few seconds and make your sight blurred for up to 4-6 hours, or until your vision returns to normal after the test.

If you have diabetic retinopathy that needs treatment, the treatment is also safe during pregnancy.

Tips to help with your appointment

- The drops may sting your eyes, and affect your sight for up to 4-6 hours, so you should not drive a vehicle or operate machinery after your appointment.
- You will 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.