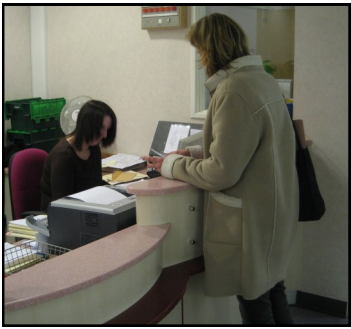


## Diabetes Care

# Taking care of your eyes

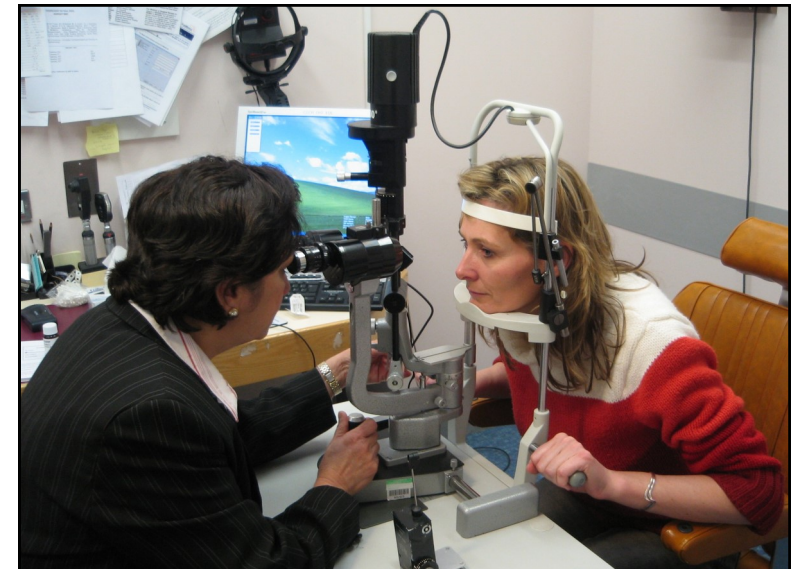


Go back to reception to make your next appointment.

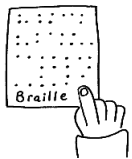
If the light hurts your eyes put on your sun glasses and ask your carer to help you.

You can now go home.

Thank you to the eye clinic at the Countess of Chester hospital for helping to make this leaflet.



This leaflet is available in other languages or formats



For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).

© CWP NHS FoundationTrust  
The information in this leaflet was valid at the date of production **January 2020** and is due for review in **January 2022**  
Leaflet code: E-EEDC-07-140

This leaflet tells you about having an eye examination

If you have diabetes it is very important to take care of your eyes.

You should have an eye examination at least once a year.

This leaflet tells you about having an eye examination.



Ask staff or your carer to help you to read the information.

You will have an appointment at the eye clinic in the hospital for your eye examination.

The appointment will take up to 1 hour 30 minutes.

When you go to your appointment take your carer to help you.

It is also important to take some things with you.

### Information about your health

Your medication, health passport or health action plan.



PATIENT PASSPORT	
My name	_____
Telephone Number	_____
Date of Birth	_____
Health Number	_____
This passport is to let you know about my needs. I hope this helps you to understand me a little better and helps you with my care plan.	
Date completed by	_____
THIS IS MY PROPERTY TO HELP YOU, HELP ME. COULD YOU PLEASE TAKE IT WITH ME (WHEREVER I GO) IN THE HOSPITAL.	

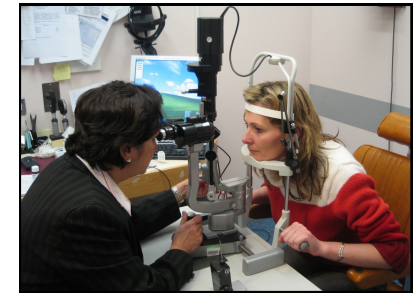
### Sunglasses

You might need to wear sunglasses after your appointment.

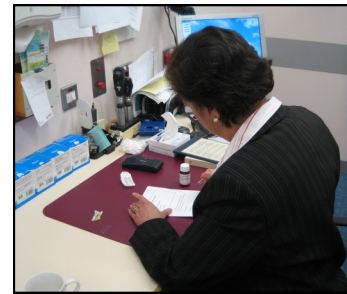


The eye doctor will look into your eyes again.

The test is now finished.



### Getting the results



After the tests the eye doctor will write down some notes about your eyes.

The eye doctor will talk to you about the results of your eye tests.

Ask your carer to sit with you to hear the results.

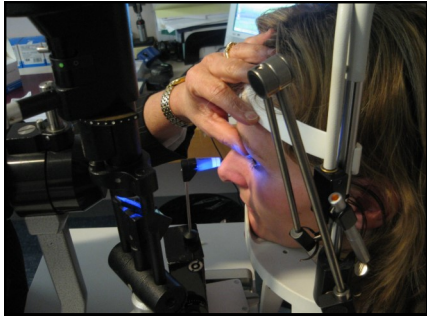


If you need treatment you will be asked to make another appointment.

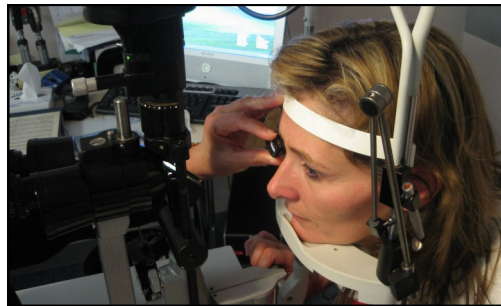
The eye doctor will talk to you about the treatment.

If your eyes are okay you will be asked to make an appointment to see the eye doctor in one year.

The eye doctor will look into your eyes using a special camera.



The eye doctor will shine a blue light into your eyes.



The eye doctor will put a lens in front of your eyes.

The eye doctor will put some more eye drops into your eyes.



Your eyes will sting for a few seconds.  
Your vision might be blurred.  
Do not worry.

The feelings will go away.  
This could take up to 4 hours.

## Going for your appointment at the hospital



When you arrive at the eye clinic tell the receptionist your name and show your appointment card.

The receptionist will ask you to sit in the waiting area.



## Meeting the nurse



The nurse will call your name and ask you to go to the clinic room.

If you feel nervous you can take your carer with you.





The nurse will test your eyes.

The nurse will ask you to read some letters on the wall or use a picture chart.



The nurse will take your blood pressure.

The nurse put some eye drops into your eyes.

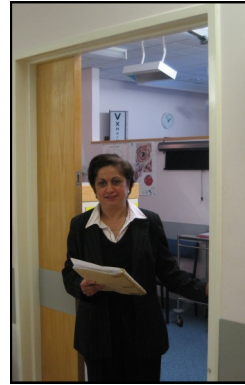


The nurse will ask you to go back to the waiting room.

## Meeting the ophthalmologist

The ophthalmologist is a specially trained eye doctor who looks in your eyes.

The eye doctor checks that the retina at the back of your eye is healthy.



The eye doctor will call your name and ask you to go to another clinic room.

The eye doctor will talk to you about the eye test.

The eye doctor will ask you questions about your health.



This is a good time to show the eye doctor your health passport or health action plan and your medication.