



Public Health
England



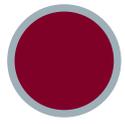
Screening for eye problems for pregnant women with diabetes

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



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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.

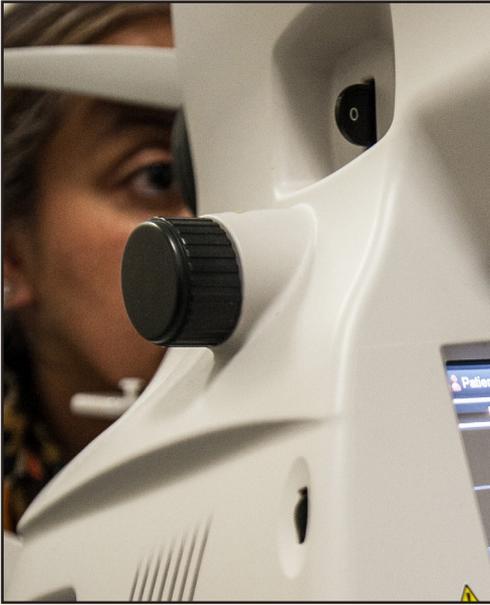


If you are worried, you can talk to your midwife or doctor.

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



About this test



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.



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.



Take your glasses with you to the test.

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



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

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

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



If the staff cannot get a good photo they will send you to an eye expert.



You should not drive for a few hours after the test.



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.



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

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Photosymbols – glasses (page 5), do not drive (page 5), calendar (page 6), house move (page 6)

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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 leads the NHS Screening Programmes