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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Diabetic Retinopathy

Ophthalmology Department



Diabetic Retinopathy

What is Diabetic Retinopathy?

Diabetes affects the blood vessels which supply the retina (the light sensitive layer at the back of the eye). The blood vessels grow abnormally due to high blood sugar levels. These can then leak or bleed causing reduced vision.

Am I at risk of Diabetic Retinopathy?

People at risk are:

- Those with poorly controlled diabetes, especially if there has been prolonged illness or infection.
- Those where the diagnosis of diabetes has been delayed and there has been poor control soon after diagnosis.
- Those who have been diabetic for more than 15 years.
- Those with high blood pressure.
- Those who are overweight.
- Those who smoke.
- Those who have eye disease.
- Those who are pregnant.

Additional information can be obtained by logging onto:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002192>

<https://nei.nih.gov/health/diabetic/retinopathy>

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

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If you are a driver and you receive treatment for Diabetic Retinopathy you do need to inform the DVLA.

Further Information:

Contact Details:

If you have any queries or concerns, please contact the Eye Unit helplines:

- Ashford Hospital – 01784 884402
- St Peter's Hospital – 01932 722686

Senior Nurses:

- Sister Georgina Gilson based at Ashford Hospital
- Deputy Sister Maggie Lewis based at Ashford Hospital
- Deputy Sister Dorothy Adjorlolo based at Ashford Hospital
- Ophthalmology Nurse Practitioner (ONP) Jain Sidhu based at St Peter's Hospital

- Other long term conditions can also be a risk factor.

How can I reduce the risk of Diabetic Retinopathy?

- Monitor and keep your blood pressure under control.
- Keep your diabetes under tight control.
- If you smoke try to stop. Your GP or local NHS stop smoking clinic can help you with this.
- Maintain a healthy weight and diet
- Take your medications as prescribed
- Stay physically active
- Attend Diabetic Retinal Screening once a year

I haven't noticed any change in my vision...

When retinal changes first occur they cause no apparent visual problems. By the time you notice changes in your vision the retinopathy has progressed to a stage where damage is already present and is more difficult to treat. This is why it is important that everyone with diabetes has a regular eye test and attends Diabetic Retinal Screening Clinic every year.

How is Diabetic Retinopathy treated?

Early detection and treatment is essential to prevent visual loss. Good diabetes control is important to prevent further retinal changes.

Treatment almost always involves laser treatment in the first instance, but may also include injections or surgery.

What does laser treatment involve?

The nurse will first check your vision. You will then have dilating drops in your eyes. Therefore, **YOU MUST NOT DRIVE AFTER THIS APPOINTMENT FOR 8 HOURS.** Once the drops have worked, the doctor will examine your eyes. You will then be taken to the laser room for the treatment.

You will sit at a machine very similar to the machine which is used to measure your eye pressure and you will be asked to put your chin on the chin rest.

A small contact lens will be placed on the front of your eye. You do not feel any pain, as local anaesthetic drops will be used, but you will be aware of flashes of light from the laser.

Is the treatment painful?

Prior to the treatment starting, the doctor will put local anaesthetic drops in your eyes. However, some patients still experience mild discomfort during the laser treatment. You may have a mild headache afterwards, which should

be relieved with mild painkillers (whatever you normally take for a headache).

What if the pain becomes worse?

If the pain becomes severe, or if your eyesight gets worse, you must telephone the Eye Unit. If making contact during out of office hours, you should go to the A&E department at St Peter's Hospital, Chertsey or the Royal Surrey County Hospital, Guildford.

Will my vision be affected?

Your vision may be blurry for up to two days following the treatment.

Remember that laser treatment can only preserve the vision that you have; it cannot make your vision better.

Do I need to take time off work after the treatment?

Most people can return to work the next day following laser treatment.

Will I need any more treatment?

Usually more than one treatment is necessary; however your doctor will discuss this with you in clinic.

Do I need to inform the DVLA?