

## Frequently Asked Questions

**Q: How often will I have to attend screening?**

*A: Screening should be done once per year.*

**Q: Is this procedure conducted with local or general anesthesia?**

*A: No anesthesia is used for this procedure.*

**Q: What should I do before a screening?**

*A: No special preparation is needed before the examination. However, if you use glasses, contact lenses and contact lens solution, you should bring them with you.*

**Q: What should I do after a screening?**

*A: We recommend that you bring sunglasses as your eyes can be sensitive to light after dilation. You should not use your eyes to work or drive for 4-6 hours.*

**Q: Who will carry out the screening?**

*A: The different activities performed in diabetic eye screening are carried out by a team of professionals. The team includes a clinic aide, a retinal photographer, a retinal grader and an ophthalmologist.*

**Q: At which locations can I get a Diabetic Eye screening done?**

*A: At any Trinidad Eye Hospital clinic- St. Augustine, Maraval, Freeport or San Fernando. Call to find out which location would work best for you.*

# FREE

FOR ALL PERSONS WITH DIABETES

TO SCHEDULE AN APPOINTMENT

**Call 687- DESP (3377)**

**You can help to reduce your risk if you:**

- Control your blood glucose.
- See your doctor regularly to check your blood pressure.
- Attend your Diabetic Eye Screening appointments.
- Get advice from an eyecare professional if you have a problem with your sight.
- Take your medication as prescribed.



## FOR MORE INFORMATION

Visit our website  
[www.trinidadeyehospital.org](http://www.trinidadeyehospital.org)

# FREE

FOR ALL PERSONS WITH DIABETES



Patient's Guide to

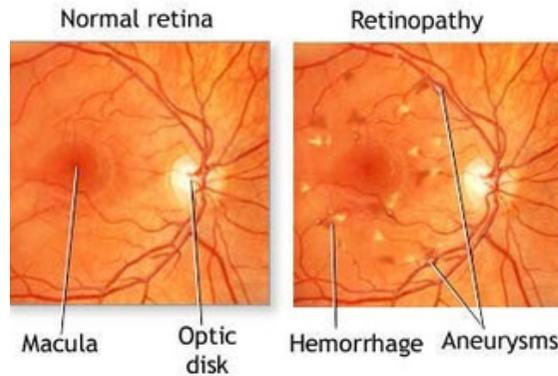
## Diabetic Eye Screening Program



## What is Diabetic Eye Screening Program (DESP)?

The Diabetic Eye Screening Program (DESP) screens for Diabetic Retinopathy. Diabetic Retinopathy is the most common cause of vision loss among people with diabetes. It is an eye disease that it affects the retina of persons with diabetes.

Inside your eyes, blood vessels bring nutrients and oxygen to keep your eyes healthy. When diabetes is poorly controlled, it can cause the small blood vessels that service the retina to leak (bleed) or become blocked. Left untreated, Diabetic Retinopathy could damage your retina and cause blindness.



## Who is this service for?

Diabetic Eye Screening that uses digital photography is most commonly prescribed for persons with diabetes over the age of 12 years.

## Why should I be screened?

Diabetic Eye Screening lets you know whether or not your diabetes is damaging your eyes.

Screening allows for changes to be detected before you notice any changes in your vision. Detection and appropriate intervention reduces risk of preventable sight loss. If you have diabetes, it is recommended to get screened at least once per year.

**REMEMBER: Diabetic Retinopathy is treatable. Blindness due to Diabetic Retinopathy is preventable if caught early.**

## What happens before screening?

A technician discusses the procedure with you and answers all of your questions. He/she also interviews you to get your medical history, collects data for research and asks you to sign forms saying you understand what will be done during the procedure and you consent to your data being used for research, once it is anonymized.

## What will happen?

- 1 We put dilating drops in each eye to temporarily make your pupils larger. This allows the photographer to get a better view of the inside of the eye.
- 2 We take digital photographs of the back of your eyes. The equipment never comes into direct contact with your eye.
- 3 Your appointment lasts 30-45 minutes.
- 4 Your photographs are reviewed by trained professionals. The review team includes trained graders and doctors.
- 5 We email a report with your results to your doctor or optometrist within 4-6 weeks of your visit.
- 6 We can email a report with your results to you within 4-6 weeks of your visit OR prepare a letter with your results for you to collect.

## What are the benefits?

Benefits include early detection of changes in the retina, appropriate advice and treatment to preserve eyesight. Early detection could prevent blindness.

Diabetic Eye Screening also helps detect other eye conditions such as glaucoma and cataracts which tend to occur often in persons with diabetes.