

## Information for Patients

# Diabetic Assessment Clinic Altrincham

### Why have you been offered an appointment in the diabetic assessment clinic at Altrincham?

You have been offered an appointment in the diabetic assessment clinic as you have changes at the back of your eye relating to diabetes. You may not be aware of these changes to begin with; however, they can progress, potentially resulting in loss of vision.

These changes require monitoring and may require treatment. If you do require further investigations and/or treatment you will be offered an appointment at Manchester Royal Eye Hospital.

### What is the diabetic assessment clinic?

Manchester Royal Eye Hospital has set up a specialist clinic at Altrincham Hospital where you will have photographs and a scan taken of the back of your eyes. You will **not** see a doctor at this appointment, the results of your tests will be reviewed at the Manchester Royal Eye Hospital by a member of the diabetic team who will make a decision about any further treatment or further review. You will receive a letter to advise whether a further follow up appointment is required usually within 4 weeks of your appointment.

### What do I need to bring with me?

- A list of your current medication.
- A note of your last HbA1C (long term blood sugar) if you know it.
- A note of your cholesterol level if known.

- Distance glasses if you wear them.
- Sun glasses may be useful as your eyes will be more light sensitive after the eye drops.

## What will happen when you attend the diabetic assessment clinic?

Following arrival at the clinic:

- Your vision will be checked by reading the eye chart.
- You will be asked about your previous medical history, in particular when you were diagnosed with diabetes, your diabetic control (your HbA1C), your blood pressure and cholesterol control, and any medication that you are taking.
- You will have the pressure inside your eye checked.
- Eye drops will be put in your eyes to enlarge your pupils. **You are advised not to drive for 4-6 hours afterwards as your vision will be blurred.**
- You will have photographs and a scan taken of the back of your eye.

All of these tests are quite painless. Please allow up to 2 hours for the appointment.

A report of the visit and results of the review will be sent to your GP to ensure they have complete records of your care.

This service is for assessing your diabetic eye changes only. If you or your GP have any other concerns about your eye health, please inform us so an appropriate alternative appointment can be arranged.