

## Attending the Diabetic Eye Clinic

### Your Eye Sight is precious. How can people with diabetes protect their vision?

Vision lost to diabetes is sometimes irreversible. However, early detection and treatment can reduce the risk of blindness. People with diabetes should get a comprehensive regular dilated eye check because diabetic retinopathy often lacks symptoms particularly in the earlier stages. People with diabetic retinopathy may need eye examinations more frequently depending on the severity of retinal change. Women with diabetes who become pregnant should have a comprehensive dilated eye examination as soon as possible. Additional examinations during pregnancy may be needed.

### Attending the Clinic

- It is important that you attend your diabetic eye clinic appointments; however, if you cannot attend please let us know by contacting us on (0161) 701 2950 Monday – Friday 8.00 am -4.00 pm.
- Please bring your **tablets/insulin and food** with you.
- You may have a scan of the retina and/or other images of your eye taken at the same visit.
- This may result in your appointment lasting a little longer so please allow 3-4 hours for your visit.

- There may be a number of doctors in your consultant's team, so you may not be seen by your consultant personally.

## Seating

Wherever possible please bring only **one** relative with you to your appointment as there is limited seating in the clinic areas.

**During your appointment dilating eye drops will be used – therefore, please do not drive yourself to your appointment.**

- At this visit and future visits, you may need to have some dilating drops instilled in your eye to enlarge your pupils.
- These will cause some blurring of your vision for 4-6 hours.
- The Eye Hospital atrium can be very bright.
- If you have had drops to dilate your pupils, wearing sunglasses when you leave may help prevent the bright light from hurting your eyes.

## Appointment time

- We aim to see you within 30 minutes of your appointment time. It may appear that patients arriving after you are being seen by the doctor before you.
- This is because there may be a number of different consultant clinics being held in one clinic area at the same time.
- If you have any concerns whilst you are waiting to be seen please let one of our nurses know.

Please note the above is applicable not only for your first but subsequent visits too.

## Getting here

If possible we would strongly recommend using public transport to get here. Our hospitals are in dense urban locations where roads are often busy and parking is often oversubscribed. All our hospitals are served by many bus routes and other community transport services which are detailed on our website <https://mft.nhs.uk/royal-eye/patients-visitors/visitors/getting-here/>

For information about any public transport services please contact Transport for Greater Manchester on 0871 200 2233. Their lines are open between 7.00 am and 8.00 pm on Monday to Friday, and from 8.00 am to 8.00 pm on weekends and bank holidays. You can also visit their website <https://www.tfgm.com/>

General traffic is now prohibited from travelling through new 'bus gates' on Oxford Road, which restrict access to sections of the corridor between Hathersage Road and Portland Street. These gates are in force between 6am and 9pm, 7 days a-week and make travelling by bus, cycle and on foot easier and quicker.

Motorists should use Upper Brook Street when heading into or out of the city centre.

We are currently running a free electric shuttle bus around the central site, taking patients and visitors from the two main car parks at Grafton Street and Hathersage Road from the car park entrance to their hospital door. This currently operates during daytime hours only; look out for the yellow bus stops and mini electric bus.

## Wi-Fi

Manchester Foundation Trust is now providing free Wi-Fi to all patients and visitors to our hospitals. Look for the Wi-Fi network NHS Wi-Fi and connect your device. There are no passwords to remember, just provide your details to connect.

The network allows patients and visitors to browse the internet and use their apps. There are restrictions on video streaming, movies, TV shows & streaming media. Please be aware, this service is provided without warranty or technical support.