



## Diabetic Eye Screening

### Useful after-care eye drop guidance

The following guidance is aimed at those who receive eye drops (Tropicamide 1%) during their Diabetic Eye Screening appointment to enlarge (dilate) their eye pupils.

#### After-care guidance

After the eye drops are administered, should you find your vision is blurred and your eyes are sensitive to bright sunlight, it is important that you adhere to the following guidance:

- **do not drive** until your sight returns to normal and your eyes are comfortable. You may find it beneficial to arrange for someone to drive you to and from your appointment.
- **do not operate** machinery until your sight returns to normal and your eyes are comfortable.
- **bring sunglasses** to your appointment as you may find them comfortable to wear when leaving your appointment, to shield your eyes from sunlight.

Generally, the effects of these eye drops may last for approximately two hours. However, in very rare circumstances, the effects may last longer. If these effects last for more than 12 hours, or if you experience pain in your eyes and/or increasing loss of vision, please contact either your community optician or GP. If out-of-hours, please contact NHS24 on freephone 111.

#### We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:



- speak to a member of staff
- visit our website: [www.wihb.scot.nhs.uk/feedback](http://www.wihb.scot.nhs.uk/feedback) or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 1223135
- tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.