

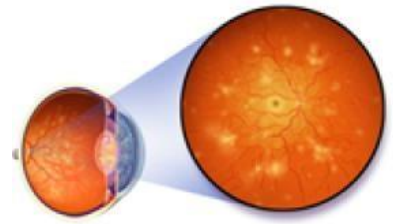
## **Nursing Services**

# **DIABETIC RETINAL PHOTOGRAPHY SCREENING**



## What is Diabetic Retinal Photography Screening?

A quick and painless procedure which uses a special camera to take images of the interior surface of the eye (called the retina) to detect any damage to small blood vessels (**Diabetic Retinopathy**).



Diabetic Retinal Photography screening is available in all our clinics and is carried out by specially-trained nurses

## Why do I need to go through Diabetic Retinal Photography Screening?

All people with diabetes aged 16 years and above should have regular eye check-ups at least once a year.

Diabetes can cause severe eye complications. Damage to the eyes from diabetes can lead to blindness. Early treatment gives patients a good chance of maintaining vision throughout life

### Quick Facts on Diabetic Retinopathy

- **All people with diabetes** are at risk
- Common **cause of blindness**
- May show **no symptoms** until quite advanced
- Annual eye screening helps in **early detection and timely treatment**

# What exactly happens during Diabetic Retinal Photography screening?

## Step 1: History Taking

Simple questions on your eye history will be asked.

## Step 2: Visual Acuity (VA) Test

A standardised chart (Snellen chart/ VA projector) is used to determine how well you can see the details of a word or symbol from a specific distance away.

## Step 3: Retinal Photography

A special camera will be used to take photographs of your retina for each eye. The camera does not come into contact with your eyes. You will see a flash of light each time a photograph is taken. This light is bright but should not feel uncomfortable.



## Practical Tips for Eye Screening

- Please bring your glasses
- Please do not wear your contact lenses
- Eye drop may be used for making your pupils large enough for photography. The blurring of vision can last 4 to 6 hours
- You are advised not to drive and be accompanied by your caregiver to and from your screening appointments
- You are advised to have regular eye check-up at least once a year.



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NHG Polyclinics  
1 Mandalay Road Singapore 308205  
Contact:  
6355 3000 (General Enquiries)

Access the information online at  
<https://nhghealth.com.sg>



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