Eye Screening

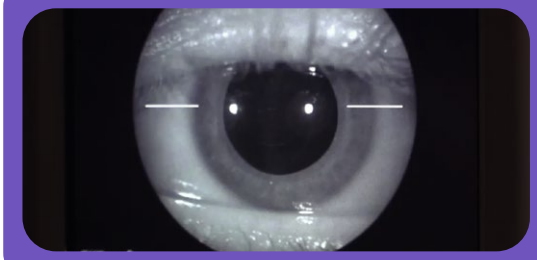
What happens at your eye screening?

If you're 12 years or older, you'll be invited for an eye screening. This is when the back of your eyes, the retina, is checked. It's not much different from going to the opticians.

Eye screening is often carried out in a different place to your usual clinic appointments, and may happen on a different day.

The appointment usually takes about 45 minutes, it begins with a quick check of your eyes. You will be asked to look at some letter charts and some picture charts.

Then you will have the retinal screening which is where a photograph is taken of the back of your eyes to check that they are healthy.

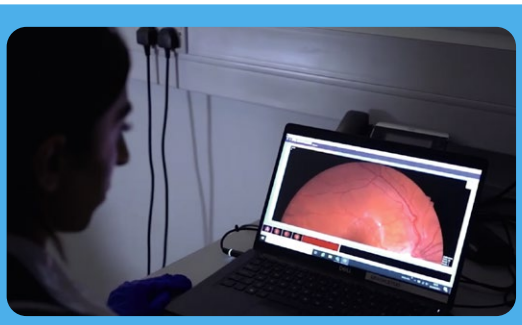


You will need eye drops to make your pupils bigger for the photographs. The eye drops might make your eyes sting for a few seconds but if they do, it won't last long. You will need to wait 20 minutes for the eye drops to work.

Your vision will be blurry after the drops, and you might find it difficult to focus on things close to you.

The eye drops might also make things look very bright. This might last for up to six hours so always come to your eye check with someone else, and it's a good idea to bring sunglasses for when you go back outside.

During the photographs, you'll sit at a camera with your chin and forehead resting on a support to keep you still. Your eyes won't touch the machine, but there will be a bright flash each time. The screening isn't painful and only takes a few minutes.



One of the best parts is that you'll get to see the pictures of your retina straight away. The optician will check the images, and your results will also be sent to you and your doctor.

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