



Diabetes Eye Exam



Overview

Diabetes can damage blood vessels throughout your body. When this happens to the blood vessels in your eye, you begin to lose vision. This happens slowly. You may not realize it until it's too late. But with regular eye exams, we can catch this problem early.

See a specialist

What type of exam do you need? Well, your doctor may do basic eye exams when you go for checkups. But you also need to see a specialist. That means an optometrist or an ophthalmologist. These eye specialists have the equipment and training to do a complete exam.

Types of tests

During your eye exam, you read from an eye chart. Then, we look inside your eyes. We may give you eye drops to make your pupils larger so we can get a better view.

Examining the parts of your eye

We examine the blood vessels in your eye for signs of damage. We look at your retina (that's the light-sensitive layer at the back of your eye). We check the health of the area around your optic nerve. We also look at the surface of your eye. That's the "cornea." We may take photos of the inside of your eye, too.

After your exam

After your exam, your vision may be blurry. You may need to wear dark glasses while the eyedrops wear off and your pupils return to normal. This takes several hours. Someone else will need to drive you home from the exam.

Conclusion

Regular eye exams help keep your eyes healthy. Always follow your diabetes care plan. For more info, talk to your doctor.