

Understanding the macula:

The macula is the central part of the retina. The retina is at the back of the eye and detects light so you can see. The macula is important for detailed central and colour vision.

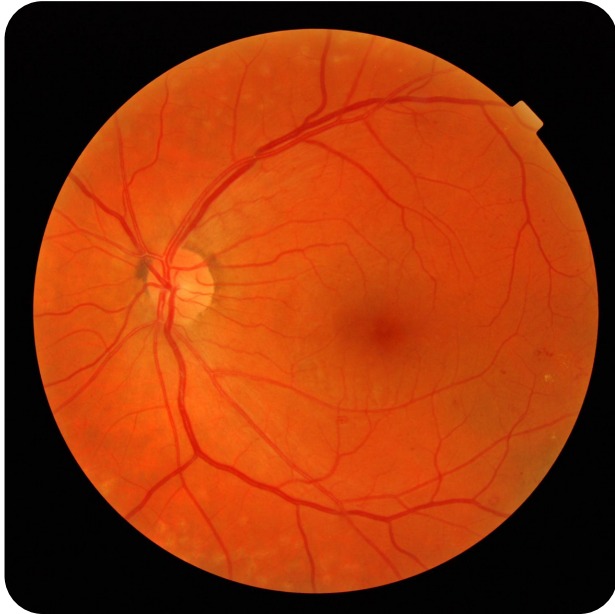


Image of retina and macula

What is Diabetic Maculopathy?

Diabetes can affect the blood vessels in the retina. If this happens in the macula, fluid can build up, which can cause blurry vision. This is called Diabetic Macular Oedema, or DMO.

At your regular Diabetic Eye Screening test you have photographs taken of your retina, including the macula. DMO does not show directly on a photograph, but there are indirect signs that mean you could have DMO, or develop DMO in the future. We call this Diabetic Maculopathy.



Image of M1 eye with exudate

A Guide to Optical Coherence Tomography (OCT)

If you have any questions or wish to rearrange your appointment, please contact us here:

OCT Venues:

We are increasing the amount of OCT venues in our locality.

If you are interested in seeing an up to date list of all available venues, please go to: <https://www.desphiow.co.uk/all-venues/>



+44 1983 898700



Enquiries.desphiow@nhs.net



Suite E, Anchor House, School Lane, Chandler's Ford, Eastleigh, United Kingdom

What happens at my Digital Surveillance OCT appointment?

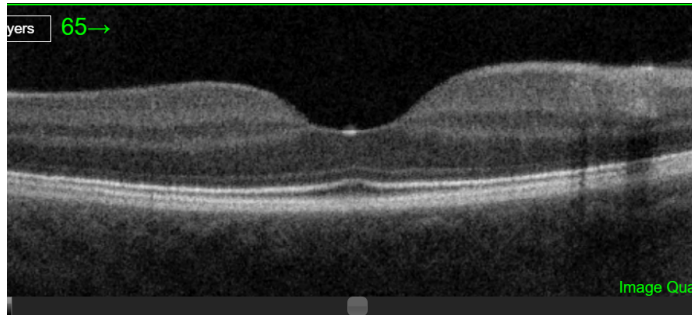
Your OCT appointment will be just like your regular Diabetic Eye Screening test.

OCT is a safe and comfortable test. You will still have dilating eye drops, **do not drive** until your vision returns to normal, which can take up to 6 hours (you may want to ask someone to drive you to and from your appointment).



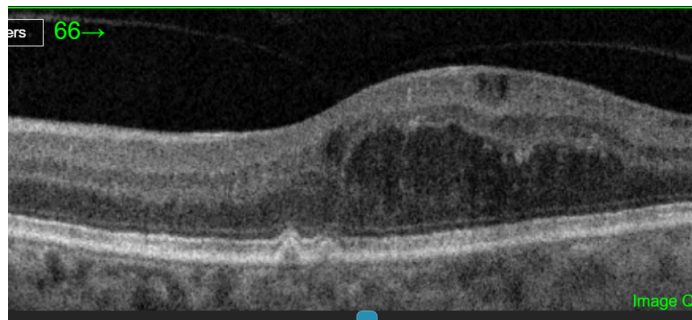
Image of a patient at an OCT machine

What is OCT?



Normal OCT image

Optical Coherence Tomography, or OCT, uses a gentle light to scan the macula in a similar way to ultrasound scans. It creates a detailed 3D image of the macula and measures its thickness. OCT is an accurate test for DMO.



Intraretinal fluid & thickening

What happens next?

1

If your OCT scan shows you have DMO, we will refer you into the Hospital Eye Service (HES) for further assessment or treatment. If this happens, you should be seen within 13 weeks.

2

If you have a small amount of fluid in your macula but you do not need to be referred to HES, we will continue to monitor you with OCT. This can be in 3, 6, 9, or 12 months.

3

If there is no fluid, we will continue to monitor your Diabetic Retinopathy or Maculopathy with photographs. This can be in 3, 6, 9, or 12 months.