

My Diabetes Eye Care Checklist

A simple yearly tracker to help you protect your sight

1 Before your eye check-up

- ☐ I have booked my yearly dilated eye exam
- ☐ I am bringing my latest HbA1c report
- ☐ I am bringing my glasses and a list of all my medicines, including eye drops
- ☐ Someone can come with me, or I have arranged transport home (dilating drops blur vision for a few hours)
- ☐ My blood sugar has been steady for about a week before the exam
- ☐ I have written down any changes I have noticed in my eyes

2 Changes I have noticed (tick any that apply)

- ☐ Blurred vision that does not settle
- ☐ Floaters, spots or cobweb-like shapes
- ☐ Trouble reading or seeing far away
- ☐ Vision that changes from day to day
- ☐ Double vision or a droopy eyelid
- ☐ Burning, grittiness or watering
- ☐ None. My eyes feel normal, and I am still coming for my yearly check

3 Questions to ask your eye doctor

- ☐ Do I have any signs of diabetic retinopathy?
- ☐ Is there any swelling in my macula?
- ☐ Is my eye pressure normal?
- ☐ How healthy is the front surface of my eye?
- ☐ Do I need any treatment now?
- ☐ When should I come back?

4 My eye check record

Date of eye check	Latest HbA1c	What the doctor found	Next visit due

5 My everyday eye-protecting habits

- ☐ I take my diabetes medicines as prescribed
- ☐ I never stop or change medicines without asking my doctor
- ☐ I get my blood pressure and cholesterol checked as advised
- ☐ I stay active and eat healthy food most days
- ☐ My yearly eye check is on the same calendar as my diabetes check-ups

! Call us urgently if you notice:

- A sudden shower of floaters
- A dark curtain or shadow across your vision
- Sudden loss or blurring of vision in one or both eyes
- Sudden double vision or a droopy eyelid
- Increasing pain, redness or reduced vision after an eye injection or eye surgery

Call 044 4794 5050. Don't wait for your next appointment, even if there is no pain.

Reviewed by Dr Geetha Iyer, Medical Director, CODE Eye Care. Last reviewed: October 2026

This checklist is for general information and does not replace a personal eye examination.