Most people with diabetes should have a dilated eye exam every year.

If you already have eye problems caused by diabetes, you may need a dilated exam more often.

Ask your doctor when to schedule your next exam.

Did you know that diabetes can affect your vision?

The best way to keep your eyes healthy is to:

- Control your blood sugar levels
- Get a dilated eye exam every year
What is a dilated eye exam?

- It is a special exam given by an eye doctor.
- It involves putting drops in your eyes. The drops make the black center part of your eye—the pupil—bigger.
- Making the pupil bigger allows the doctor to see the inside of your eye better.
- This way the doctor can check to see if there are any problems with the inside of your eye caused by diabetes.
- A dilated eye exam doesn’t hurt, but your vision will be blurry for a few hours after the exam.

Are there any symptoms of eye problems caused by diabetes?

- Many times there are NO symptoms or early warning signs that problems have started.
- This is why it is so important to get regular dilated eye exams.
- Sometimes symptoms do appear. They may include blurry vision or spots “floating” in your vision. Report these symptoms to your doctor IMMEDIATELY!
- The earlier you receive treatment for eye problems caused by diabetes, the more likely it is that the treatment will be effective.