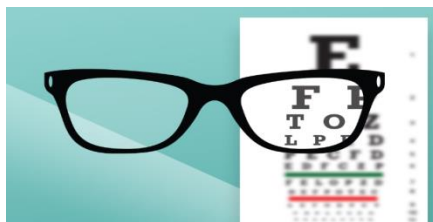


DES DEPARTMENT EMAIL: [nhsh.DES@nhs.scot](mailto:nhsh.DES@nhs.scot)



## **DIABETIC EYE SCREENING (DES) IMPORTANT INFORMATION**

PLEASE LET US KNOW OF ANY SPECIAL REQUIREMENTS WE NEED TO TRY TO ORGANISE FOR YOU AT YOUR APPOINTMENT SUCH AS INTERPRETERS, SIGN LANGUAGE, ETC.

**DES APPOINTMENT LINE:** available 1pm to 5.00pm; Monday to Friday – 0800 587 7198  
Our Inverness Clinics are based in UHI House (Formerly CFHS), adjacent to the main Raigmore Hospital Building.

**CAR PARK CHARGES (UHI HOUSE ONLY):** 30 minutes - free. Up to 2 hrs - £2.  
Raigmore Car Park is free of charge but there is a walk over to UHI House.

Patient Transport: 0300 123 1236 Patient Transport Text Relay Contact for Hard of Hearing, deaf or speech impaired: 18001-0300 123  
Cancelling Patient Transport: 0800 123 1236 Option 2 – Free 24hr answering service.  
Please leave your patient number (CHI), name, full appointment details.

Patient Transport online booking service: [www.scottishambulance.com](http://www.scottishambulance.com) – you can use this service if there is at least 10 days between your booking and appointment.

For transport only WITHIN the Badenoch & Strathspey Area: Call “Badenoch & Strathspey Community ConnXions” on 01479 810004. Find them online at [www.BSCX.co.uk](http://www.BSCX.co.uk)

NHSH WEBSITE – [www.nhshighland.scot.nhs.uk/your-services/all-services-a-z/diabetic-eye-screening/](http://www.nhshighland.scot.nhs.uk/your-services/all-services-a-z/diabetic-eye-screening/) or search for NHS Highland Diabetic Eye Screening in your search engine and you will see all of our local information in relation to the service, and clinics.

**MY DIABETES MY WAY** – Visit this website for all the information you need to register for access to valuable information in relation to your diabetes monitoring.  
<https://mydiabetesmyway.scot.nhs.uk/my-diabetes/new-user/>

### **AT YOUR VISIT; PLEASE REMEMBER THE FOLLOWING:**

- BRING YOUR APPOINTMENT LETTER & DISTANCE GLASSES FOR YOUR VISUAL TEST
- SUNGLASSES CAN HELP WITH LIGHT SENSITIVITY AFTER HAVING EYE DROPS
- DO NOT DRIVE IF YOU NORMALLY HAVE EYE DROPS AS THESE CAN BLUR VISION
- PLEASE COME ACCOMPANIED IF YOU ARE UNDER 16YRS OR NEED SUPPORT
- YOUR OPTICIAN APPOINTMENT IS COMPLETELY SEPARATE TO THIS EXAM