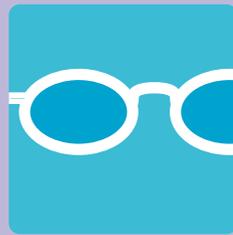
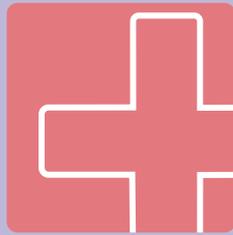


# Your guide to free NHS eye examinations in Scotland



## What is this leaflet about?

- If you are a UK resident, you can get a free NHS eye examination in Scotland.
- This eye examination is different to eye tests you may have had before. It is not just to test your sight – it's a more thorough examination to check the health of your eyes, and to look for signs of other health problems. It means that any problems you have with your eyes can be found before they become more serious.
- This leaflet tells you about your free NHS eye examination.

If you are a UK resident living abroad part time, or you are a visitor to Scotland, the rules are more complicated. You will need to ask at your opticians if you can get a free NHS eye examination.

## Where do I get my free NHS eye examination?

- You can get your eyes examined free of charge by any optometrist in Scotland who provides NHS services.

**An optometrist is someone who is trained to examine your eyes to look for signs of eye disease and to check your sight.**

- Most high street opticians have an optometrist who provides NHS services.

## Does my GP need to refer me?

- No! If you have any problems with your eyes, make an appointment with an optometrist. You can do this without visiting your GP.

## What happens during the eye examination?

- During the examination, your optometrist will do a number of different tests and procedures, depending on what your needs and symptoms are. You may be given eye drops to make it easier for your optometrist to see inside your eyes. And you may also have a sight test if your optometrist thinks you need one. You won't be charged for any part of the examination.
- Sometimes, it may not be possible to do all of the tests and procedures during one appointment. If this is the case, you will be asked to come back for a second appointment. There will be no charge for this.
- Ask as many questions as you want about your eye examination. If there are any tests or procedures you don't want to be done, tell your optometrist. You can refuse any part of the examination.

## What happens after the eye examination?

- At the end of the examination, your optometrist will discuss the results with you.
- If you have had a sight test, you will be given a copy of your prescription for glasses, if you need them. The rules about paying for new glasses haven't changed – you may still have to pay for them.
- If you need medical treatment for an eye condition you may be referred to the eye department at a hospital. Your GP will be told about this.
- Ask your optometrist if there's anything you don't understand.

## How often should I get an NHS eye examination?

- Your optometrist should tell you when your next NHS eye examination is due.
- It will depend on your age, your family history, and if you have any eye problems.
  - If you're under 16, or you're 60 or over, you can have a free NHS eye examination once a year, if needed.
  - If you're between 16 and 59, you can have a free NHS eye examination once every two years, if needed.
- If you have problems with your eyes, you may have to attend for more regular eye examinations. Your optometrist will tell you if you need to come back more often.

## Do I need to see the same optometrist each time?

- No. You can make an appointment with any optometrist who provides NHS services. You may prefer to see the same optometrist each time if you think this will be better for your care.
- Each time you visit a new optometrist, you will be asked to give:
  - your personal details (for example, your name, address, date of birth, and GP's name)
  - details about your own and your family's medical history
  - details of any symptoms you are having, and
  - any other relevant information.

## Are there any eye tests that aren't included in the free NHS eye examination?

- Yes, there are certain types of tests and procedures that are not done as part of the free NHS eye examination.
- Ask your optometrist for more information about this.

## What if I'm not happy?

- If you're not happy with the service you are given, tell your optometrist.
- If you don't want to, or you're still not happy after you've done this, you can make a complaint. The leaflet **Making a complaint about the NHS** explains how to do this. You can get the leaflet from most places where you get NHS care, or at [www.hris.org.uk](http://www.hris.org.uk).

## How to find out more

- Ask your optometrist for more information, or contact:
  - the NHS Helpline on **0800 22 44 88**, or
  - your local citizens advice bureau (find your nearest bureau on the internet at [www.cas.org.uk](http://www.cas.org.uk) or in your local phone book).

Further copies of this document are available, on request, in audio and large print formats and in community languages, please contact:

اس دستاویز کی مزید کاپیاں آڈیو کیسٹ پر اور بڑے حروف کی چھپائی میں اور کیٹیڈیو  
زبانوں میں طلب کیے جانے پر دستیاب ہیں، برائے مہربانی اس پتہ پر رابطہ کریں:

এই ডকুমেন্ট-এর (দলিত) অডিওর কপি, অডিও এবং বড়ো ছাপার অন্যান্য আকারে এবং  
সম্প্রদায়িক জোর ভাষায় অনুরোধের মাধ্যমে পাওয়া যাবে, অনুরোধ করে যোগাযোগ করুন:

Gheibhear lethbhreacan a bharrachd ann an cruth  
ris an èistear, ann an clò mòr agus ann an cànan  
coimhearsnachd. Cuir fios gu:

इस दस्तावेज़/कागज़ात की और प्रतियाँ, माँगे जाने पर, ऑडियो  
टैप पर और बड़े अक्षरों में तथा कम्प्यूनिटी भाषाओं में मिल  
सकती हैं, कृपया संपर्क करें:

ਇਸ ਦਸਤਾਵੇਜ਼/ਕਾਗਜ਼ਾਤ ਦੀਆਂ ਹੋਰ ਕਾਪੀਆਂ, ਮੰਗੇ ਜਾਣ 'ਤੇ,  
ਅੱਡਿਓ ਟੇਪ ਉੱਪਰ ਅਤੇ ਵੱਡੇ ਅੱਖਰਾਂ ਵਿਚ ਅਤੇ ਕੰਮਿਊਨਿਟੀ  
ਭਾਸ਼ਾਵਾਂ ਦੇ ਵਿਚ ਮਿਲ ਸਕਦੀਆਂ ਹਨ, ਕ੍ਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:

此文件有更多備份，如果需要，語音版本和大字體版  
本及少數種族語言版本也可提供，請聯絡：

يمكن أن تطلب النسخ الأخرى من هذا المستند كالتسجيل الصوتي والخط الكبير  
ونسخ بلغات أخرى، يرجى الإتصال على:

Aby otrzymać niniejszy dokument w innej wersji językowej, na kasecie  
lub w wersji z powiększonym drukiem, prosimy o kontakt:

**Telephone 0131 244 2631**

This information is available on the Scottish Executive website  
at [www.scotland.gov.uk](http://www.scotland.gov.uk) and on the NHS 24 website at  
[www.nhs24.com](http://www.nhs24.com).



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