

# Diabetic retinopathy and vaginal delivery

**This statement from the Royal Berkshire NHS Foundation Trust's Department of Ophthalmology (Eye Department) relates to diabetic retinopathy and vaginal birth.**

## Why have I been given this leaflet?

You are receiving this information as you have proliferative (advanced) diabetic retinopathy and are currently pregnant. You do not need to avoid vaginal birth if you have had a laser treatment. If you have recently been diagnosed with diabetic retinopathy you should discuss plans for your birth with the consultant ophthalmologist in charge of your care and your maternity team.

**Further information is available on the NHS website**  
**<https://www.nhs.uk/conditions/diabetic-retinopathy/>**

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Miss Sarah-Lucie Watson, Consultant Ophthalmologist

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Next review due: April 2025

### Our Maternity Strategy and Vision

*'Working together with women, birthing people and families to offer compassionate, supportive care and informed choice; striving for equity and excellence in our maternity service.'*

You can read our maternity strategy here



Compassionate

Aspirational

Resourceful

Excellent