

Myopia (short sightedness) and normal vaginal delivery

This statement from the Royal Berkshire NHS Foundation Trust's Department of Ophthalmology relates to myopia (short sightedness) and normal vaginal delivery and explains current UK practice. This may differ from practice in other European countries.

There is no medical evidence to suggest that a normal vaginal delivery will damage a woman's sight in any way, even if she is significantly short-sighted. Vaginal delivery does not put a woman at increased risk of retinal detachment, even if she has had previous retinal detachment surgery or laser treatment. Pregnant women who are short-sighted, do not need to be referred to the Ophthalmic (Eye) Department for further assessment.

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

Miss Sarah-Lucie Watson, Consultant Ophthalmologist, May 2014

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