Myopia (short sightedness) and vaginal birth

This statement from the Royal Berkshire NHS Foundation Trust's Department of Ophthalmology (Eye Department) relates to myopia (short sightedness) and 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 vaginal birth will damage your sight in any way, even if you are significantly short-sighted. Vaginal birth does not put you at increased risk of retinal detachment, even if you have had previous retinal detachment surgery or laser treatment.

You do not need to be referred to the Ophthalmic (Eye) Department for further assessment.

To find out more about our Trust visit www.royalberkshire.nhs.uk

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

RBFT Maternity/Ophthalmology, Miss Sarah-Lucie Watson, Consultant Ophthalmologist, May 2014
Reviewed: December 2025
Next review due: December 2027

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