

Myopia (short sightedness), diabetic retinopathy 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.

1. 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.
2. Women with proliferative (advanced) diabetic retinopathy do not need to avoid vaginal delivery if they have had a laser treatment. Pregnant women with newly diagnosed diabetic retinopathy should discuss plans for their birth with the consultant ophthalmologist in charge of their care.

More information is available on the Trust website:

www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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