

## What Happens If I Can't Attend?

It is important you cancel your appointment to free this up for another patient. Please contact the clinic/surgery that sent you the appointment to have it changed to suit you.

We hope this information will allay any anxieties you may have about your screening.

Please do not hesitate to contact your local podiatry clinic should you have any queries.

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:

[fife.equalityandhumanrights@nhs.scot](mailto:fife.equalityandhumanrights@nhs.scot) or phone 01592 729130

Further patient information leaflets are available online on our website [www.nhsfife.org/](http://www.nhsfife.org/)

Fife Council and NHS Fife are supporting the people of Fife together through Fife's Health and Social Care Partnership.



[www.fifehealthandsocialcare.org](http://www.fifehealthandsocialcare.org)

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## PODIATRY DEPARTMENT



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## DIABETIC FOOT

# SCREENING

## Diabetic Foot Screening

You have been invited to attend a Diabetic Foot Screening.

Please take a little time to read this leaflet, which covers a few commonly asked questions.

### Why Do I Need A Foot Check?



Diabetes affects the blood vessels and nerves in your feet.

Damage to the blood vessels can result in reduced blood supply to the foot. This can make healing difficult. You may not know that you have damaged the skin on your feet. Nerve damage will alter the feeling in your feet making them more at risk of damage. It is very important that you check your feet every day.

If you see any changes in your skin colour or breaks to your skin please contact your local podiatry clinic as soon as possible.

### What Is Tested?

The blood supply to your feet will be checked by taking your foot pulses.

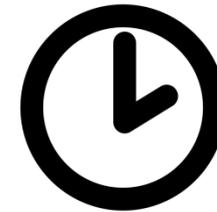
We will also check your foot sensitivity by lightly touching the skin on your foot with a nylon thread and/or a machine called a neurothesiometer is used to test if you can feel vibration.

### Is It Painful?



**No! All tests are non invasive.**

### How Long Will It Take?



Your appointment will last approximately 15 minutes.

### Do I Have To Come Back?

If you have a foot problem, we will ask that you make an appointment to see a podiatrist.

If you do not have a foot problem, we will give you the contact details for your local podiatry clinic and hospital clinics in case you should develop any foot problems or have any concerns.