

TABLE 3 RECOMMENDED EYE EXAMINATIONS FOR PATIENTS WITH DIABETES MELLITUS AND NO DIABETIC RETINOPATHY

Diabetes Type	Recommended Initial Evaluation	Recommended Follow-up*
Type 1	5 years after diagnosis ²⁹	Yearly ²⁹
Type 2	At time of diagnosis ^{33,92}	Yearly ^{33,92}
Pregnancy† (Type 1 or Type 2)	Soon after conception and early in the first trimester ⁹³⁻⁹⁵	<ul style="list-style-type: none">• No retinopathy to mild or moderate NPDR: every 3–12 months⁹³⁻⁹⁵• Severe NPDR or worse: every 1–3 months⁹³⁻⁹⁵

NPDR = nonproliferative diabetic retinopathy

* Abnormal findings may dictate frequent follow-up examinations.

† Women who develop gestational diabetes do not require an eye examination during pregnancy and do not appear to be at increased risk for diabetic retinopathy during pregnancy.