

Instructions on using the Amsler Grid:

1. If you wear glasses, keep them on, but completely cover one eye.
2. Sit or stand in an area with good lighting. Hold the Amsler grid at eye level at a normal reading distance (14 inches away).
3. Look at the dot in the center of the grid with your uncovered eye.
4. Observe how the lines and squares appear on the chart. All of the lines should be straight and the squares of a uniform size.
5. Test the other eye.

If you notice any of the following changes in the grid's appearance, call your eye doctor:

1. Lines appear to bend
2. Lines are wavy or fuzzy
3. Black spots, dark or missing areas of the grid Remember that timely treatment is vital to safeguarding your vision.

Amsler Grid

