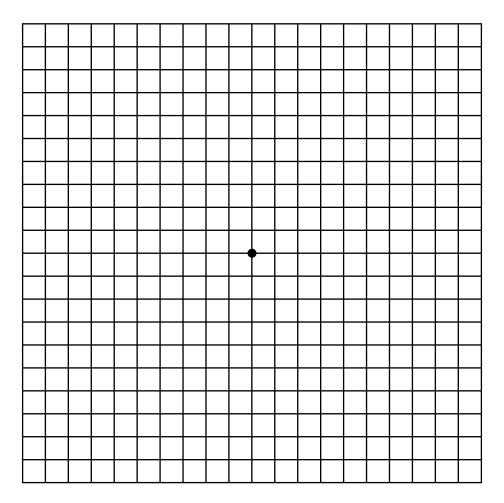


## **Amsler Grid**



## **How To Test Your Eyes With This Amsler Grid**

- Print this page on bright white paper (heavy stock if possible).
- Test your eyes under normal room lighting used for reading.
- Wear the eyeglasses you normally wear for reading.
- Hold the grid approximately 14 to 16 inches from your eyes.
- Test each eye separately: Cup your hand over one eye while testing the other eye.
- Keep your eye focused on the dot in the center of the grid and answer these questions:
  - 1. Do any of the lines in the grid appear wavy, blurred or distorted?
  - 2. Do all the boxes in the grid look square and the same size?
  - 3. Are there any "holes" (missing areas) or dark areas in the grid?
  - 4. Can you see all corners and sides of the grid (while keeping your eye on the central dot)?
- Switch to the other eye and repeat.

**IMPORTANT** – Report any irregularities to your eye doctor immediately: Mark areas of the chart you're not seeing properly (print two charts if you notice problems in each eye) and bring it with you when you visit your doctor.

