



## THE AMSLER GRID

(Important: Print before using)

How to use an Amsler Grid (repeat for each eye):

Note: if you wear reading glasses, be sure to have them on whenever you take this test.

1. Look at the center dot on the grid with one eye at a time, covering the other eye with your hand.
2. Make sure you stay focused on the center dot.
3. As you continue to look at the center dot, check to see that all the surrounding lines are straight and all the squares are the same size.
4. If any area on the grid appears blurred, distorted, discoloured, or in any way abnormal, contact your eye doctor immediately.