

Instructions for using the Amsler grid

- Test your vision with adequate lighting.
- Wear your reading glasses or look through the reading portion of your bifocals (if you normally read with spectacles).
- Look at the Amsler grid at normal reading distance (about 14 inches).
- Cover one eye at a time with the palm of your hand.
- Stare at the center dot of the chart at all times.
- Do not let your eye drift from the center dot.

Ask yourself the following questions as you check each eye separately:

- Are any of the lines crooked or bent?
- Are any of the boxes different in size or shape from the others?
- Are any of the lines wavy, missing, blurry, or discolored?
- If a change is noted, recheck in 1 hour and if it persists, call the office.

