

The Amsler Grid

INSTRUCTIONS

The Amsler Grid is a quick and simple test you can take at home to monitor any changes in your vision. It is recommended that people with macular degeneration test their eyes with the Amsler Grid several times a week.

Amsler Grid Directions

1. If you wear reading glasses, put them on for this test.
2. Hold the grid at a comfortable reading distance.
3. Cover one of your eyes.
4. Look at the grid. Keep your eye focused on the black dot at the center of the grid throughout the test.
5. Without moving your eye from the center dot, notice the lines which make up the grid. All of the lines should be straight, and all of the squares should look the same. There shouldn't be any blank, dark, or distorted areas on the grid.
6. Call your doctor right away if you notice anything unusual or abnormal in your vision.
7. Use the same procedure to test your other eye.

