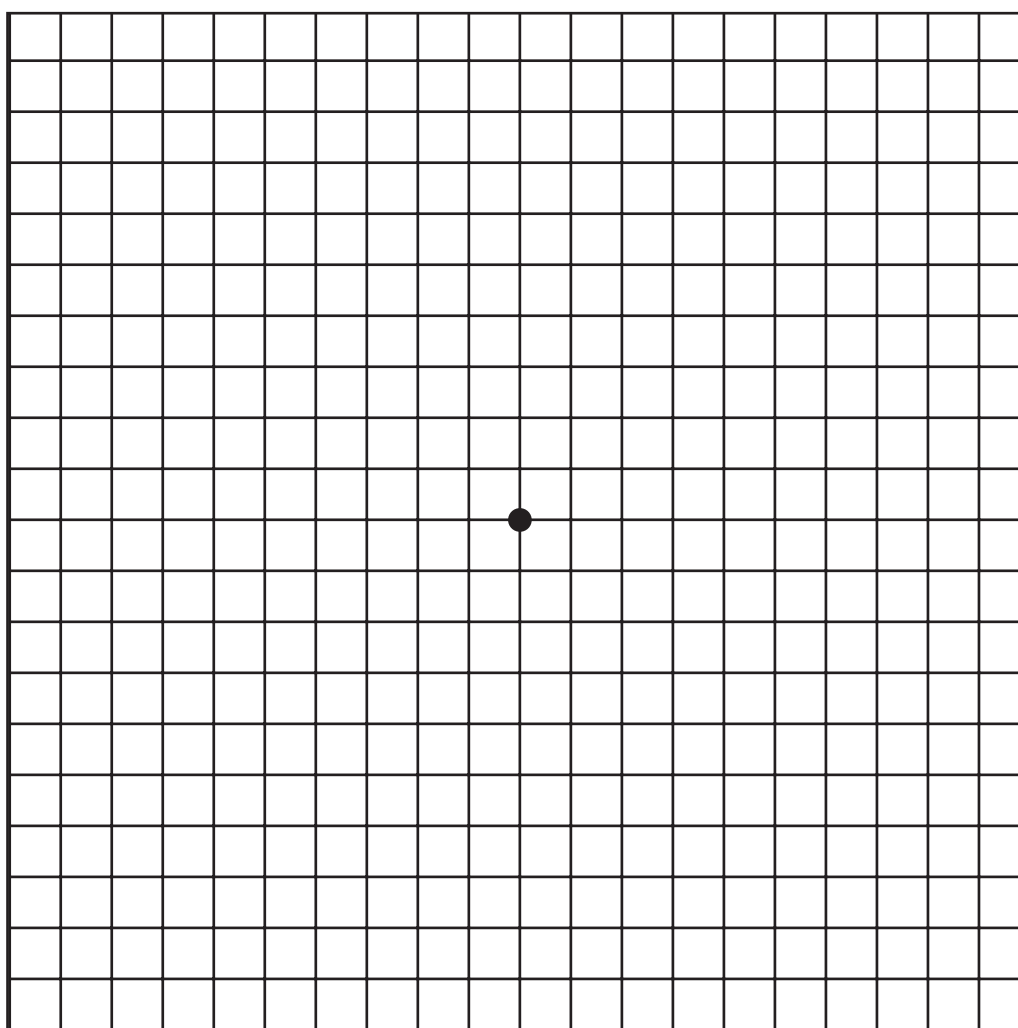




EYE INSTITUTE

NORTH • SOUTH • PIERREMONT



How to Test Yourself with the Amsler Grid

If you need reading glasses, please wear them while you use the Amsler grid. The grid should be at about the same distance from your eyes that any other reading material would be.

Cover one eye, then focus on the dot in the center.

- ▶ Do any of the lines look wavy, blurred or distorted? (All lines should be straight, all intersections should form right angles and all the squares should be the same size.)
- ▶ Are there any missing areas or dark areas in the grid?
- ▶ Can you see all corners and the sides of the grid?

Repeat the test with the other eye. Both eyes should be tested individually.

VERY IMPORTANT: Report any irregularity to your eye doctor immediately. You can mark areas of the chart that you're not seeing properly and take the chart with you to your eye exam.