

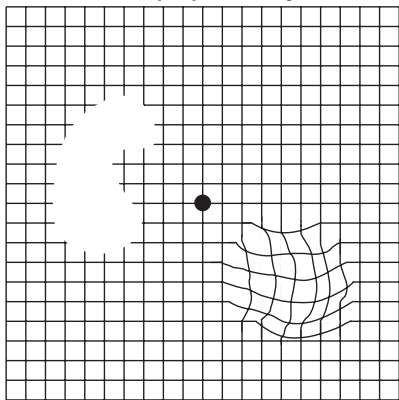
Use the Amsler Grid regularly. Contact your eye doctor if you notice any change in your vision.

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

Note: Make sure you are in an area with good lighting. If you wear reading glasses, be sure to have them on whenever you take this test. If you wear bifocals, use the bottom or reading portion of the lens.

1. Hold the Amsler Grid 12 to 14 inches away.
2. Look at the centre dot on the grid with one eye at a time, covering the other eye with your hand.
3. Make sure you stay focused on the centre dot.
4. As you continue to look at the centre dot, check to see that all of the surrounding lines are straight and all of the squares are the same size.
5. If any area on the grid appears blurred, distorted, discoloured or in any way abnormal or different from your last test, contact your eye doctor immediately.

For illustration purposes only.



As shown here, a person with distortion will see wavy or irregular lines in an area of the grid. A person with a blind spot or scotoma cannot see a portion of the grid.