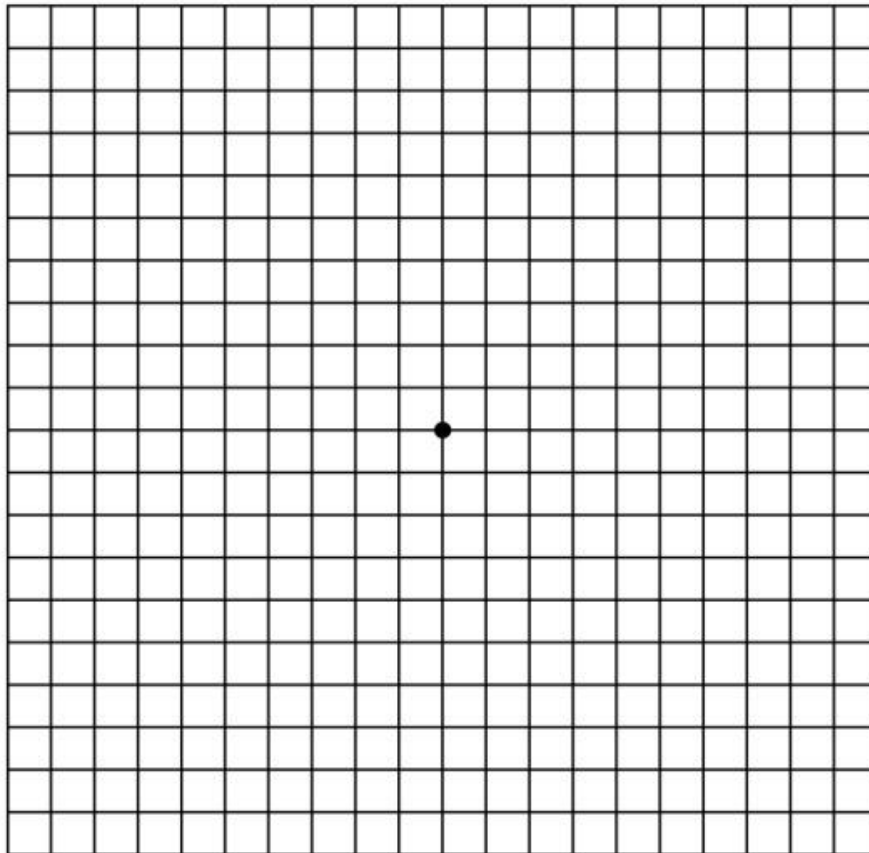


THE AMSLER GRID

The Amsler Grid is used to test the macula, the very central part of the retina. The test is simply a grid made of evenly spaced horizontal and vertical lines. A small dot is located in the center of the grid for fixation. Simply follow the instructions below.



Test your eyes under normal lighting conditions. Wear eye glasses you normally wear for reading. Hold this grid 14-16 inches away from you. Test each eye separately. Look at the center dot and ask yourself:

- Do any lines look wavy / distorted?
- Do all boxes look the same size?
- Are there any holes / missing areas?
- Can you see all corners of the grid?

Report any irregularities to your eye doctor immediately, marking the irregular areas on the chart.