



Amsler Grid

How to test yourself with the Amsler Grid

- Wear the eyeglasses that you normally wear for reading
- Position the chart 14 inches away from your face
- Cover one eye at a time with your hand
- Stare at the dot in the center. Do not let your eye drift from the center dot

Contact your eye doctor immediately if:

- Any of the straight lines appear wavy or bent
- Any of the boxes differ in size or shape from the others
- Any of the lines are missing, blurry or discolored

