



How to Test Yourself with the Amsler Grid:

- **Wear the glasses that you normally wear for reading.**
- **Position the chart 14 inches from your face in a well-lit area without glare**
- **Cover one Eye at a time. TEST EACH EYE SEPERATELY.**
- **Stare at the dot in the center. Do not let your eye drift from the center dot**

Contact our office immediately if:

- **Any of the 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**
- **Mark any changes on the grid and bring it with you to your appointment**

