



## AMSLER GRID

The following instructions are to be used with the GRID picture below to monitor changes in your central vision. Changes in the appearance of the grid are an indication for you to contact our office without delay.

### Instructions:

Place the grid in a convenient location (refrigerator door, bathroom mirror, etc.) and check the appearance by following these steps on a daily basis.

1. Check on eye at a time by cupping your hand over the other eye.
2. Wear your glasses, contact lenses or bifocal correction if you normally wear them for reading.
3. Hold grid about twelve inches from your eyes on a flat surface.
4. Look only at the dot in the center of the grid and do not move your eye.
5. Ask yourself the following questions:
  - a. Do you see all four corners of the grid?
  - b. Do all the lines appear straight?
  - c. Do any of the lines appear wavy or distorted?
  - d. Are the lines broken or missing in any part of the grid?
6. Repeat step #5 for the other eye.
7. If you notice any changes in the appearance of the grid from previous testing, notify our office immediately.

