

# Amsler Grid

## How To Test Yourself With the Amsler Grid

You may want to print this page and then take the test.

If you need reading glasses, please wear them while you use the Amsler grid.

Keep the at about 14 inches away( i.e. the distance you would normally read)

Testing one eye at a time.

Cover one eye, then focus on the dot in the center.

- Do any of the lines look wavy, blurred or distorted? (All lines should be straight, all intersections should form right angles and all the squares should be the same size.)
- Are there any missing areas or dark areas in the grid?
- Can you see all corners and sides of the grid?
- Don't forget to test both eyes.

**VERY IMPORTANT:** Report any irregularity to your eye doctor immediately. You can mark areas of the chart that you're not seeing properly and bring it with you to your eye exam.

