**AMSLER GRID**

**HOW TO USE YOUR AMSLER GRID**

Place the grid under adequate lighting at a normal reading distance—about 16 inches away. If you use glasses, be sure to wear them while looking at the grid.

**Cover one eye and focus on the center dot.**
- Do any lines seem wavy, blurry, or distorted?
- Are there any areas missing? Any dark areas on the grid?

**Now cover the other eye and ask yourself the same questions.**

If you answered yes to any of the above questions, be sure to report them to your ophthalmologist or retina specialist right away.