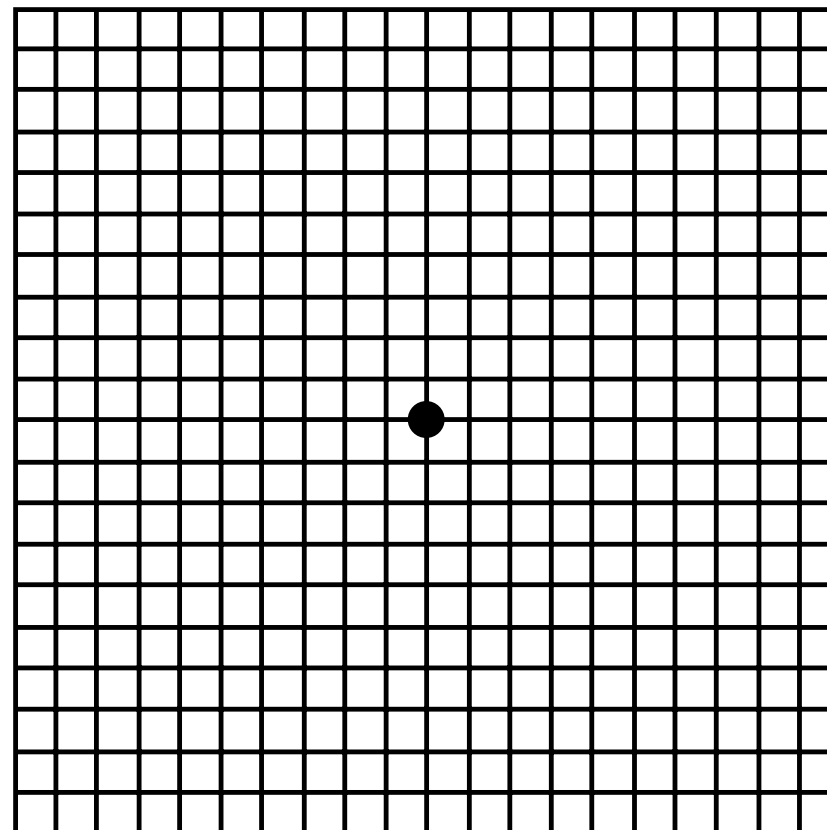




The Amsler Grid is a convenient eye test to check your vision at home. You can print it and use it between eye appointments. **If you notice changes in your vision, call your retina specialist right away.**

Instructions

1. Attach this grid to a flat surface, such as a wall.
2. Stand about an arm's length away from the grid.
3. Put on your glasses if you normally wear them for reading.
4. Cover one eye.
5. Focus on the dot at the center of the grid with your uncovered eye.
6. If any lines appear wavy or distorted, or are missing, take note.
7. Repeat for your other eye.
8. If you noted any lines appearing wavy, distorted, or missing, contact your retina specialist.



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