

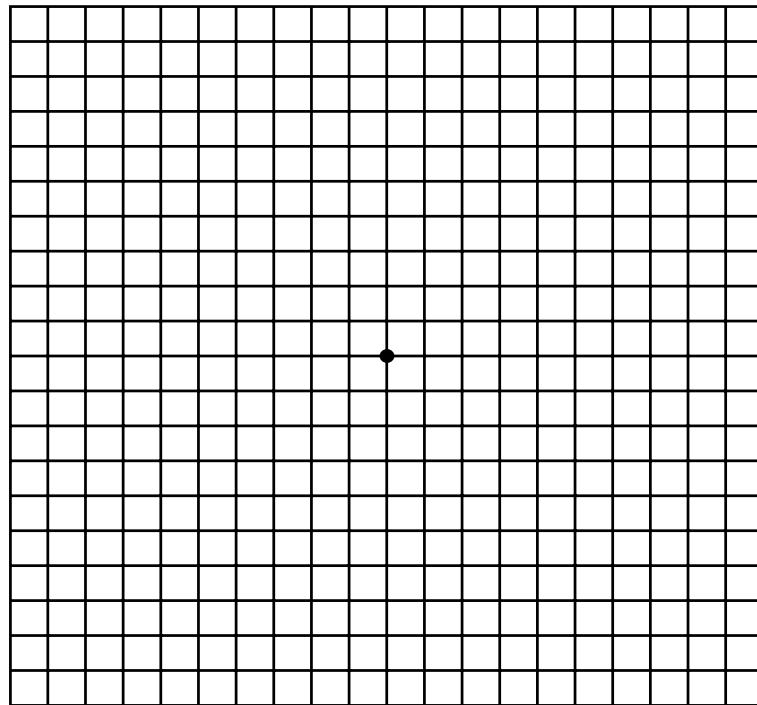
Amsler Grid

Even with regular eye exams, your vision can get worse. It is important that you check your vision in between eye appointments. The downloadable Amsler Grid is a simple tool to help you test your eyes at home every day. If you see any problem areas while you're giving yourself the test, mark them with a pencil on the grid itself, and show it to your eye care team right away!

How to Use Your Amsler Grid

- 1/** Download the Amsler Grid, print it, and hang it on a flat surface, such as a wall or refrigerator, at eye level.
- 2/** Wear your reading or bifocal glasses if you normally use them, and stand about a foot away from the grid.
- 3/** Cover your left eye.
- 4/** With your right eye, focus on the dark dot in the center of the grid.
- 5/** While looking at this dot, you still should be aware of the lines of the grid. Note whether any of the lines are distorted or broken, if one or more of the squares appear to be smaller or larger than the others, or if there are blurred areas.
- 6/** Now cover your right eye, and repeat the test for your left eye.
- 7/** If you notice any blurred, distorted, wavy, or missing lines, mark them with a pencil on the Amsler Grid, and contact your eye care team right away.

This resource is for informational purposes only and is not meant to replace a physician's medical advice.



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