

Amsler Grid

The Amsler Grid is a simple tool you can use to help monitor your vision for symptoms of retinal disease at home and in between eye appointments. If you do notice symptoms or changes in your vision, make sure to contact your eye doctor right away to schedule an appointment.

How to Use Your Amsler Grid

- 01** Print the Amsler Grid on the following page and hang it on a wall or refrigerator at eye level.
- 02** Wear your reading or bifocal glasses if you normally use them, and stand about a foot away from the Amsler Grid.
- 03** Cover your left eye. Then with your right eye, focus on the dark dot in the center.
- 04** While looking at this dot, you should still 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 or dark spots.
- 05** Now cover your right eye, and repeat the test for your left eye.
- 06** If you notice any blurred, distorted, wavy, or missing lines or dark spots, mark them with a pencil and contact your eye doctor right away to schedule an appointment.

Amsler Grid

