

Amsler Grid

Instructions for use

- 1 Hold the grid about 36 centimetres (14 inches) away.
- 2 Wear your normal reading glasses if you normally use them.
- 3 Cover one eye at a time.
- 4 Focus on the dot at the centre of the grid.
- 5 While looking at the centre dot, note whether the grid lines appear straight or wavy, blurry, or if there are any missing lines or blind spots.

