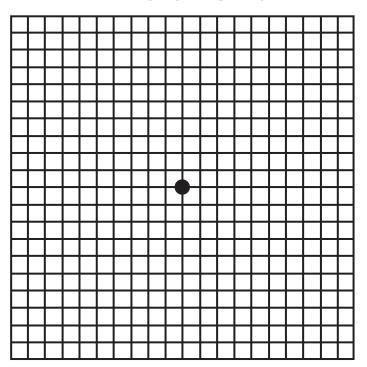
Amsler Grid





Instructions

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



