



#### Amsler Grid Instructions:

1. Wear the glasses or contacts you normally wear for reading.
2. Place Amsler grid approximately 16 inches away and look thru the reading portion of your glasses
3. Cover one eye with your hand and focus on the center dot with your uncovered eye.
4. Check these things
  - a. Can you see all four corners of the chart while you are focusing on the center dot?
  - b. Are any of the lines wavy?
  - c. Are there any spaces in the grid where the lines do not show?
5. Repeat this test with the other eye.