
Check Your Eyesight Regularly with the Amsler Grid



TIP: Tape the grid somewhere like the refrigerator or bathroom mirror so you remember to use it regularly.

The Amsler Grid is a square containing a grid pattern and a dot in the middle. This grid, when used correctly, can show problem spots in your field of vision.

To check your vision, follow these simple steps:

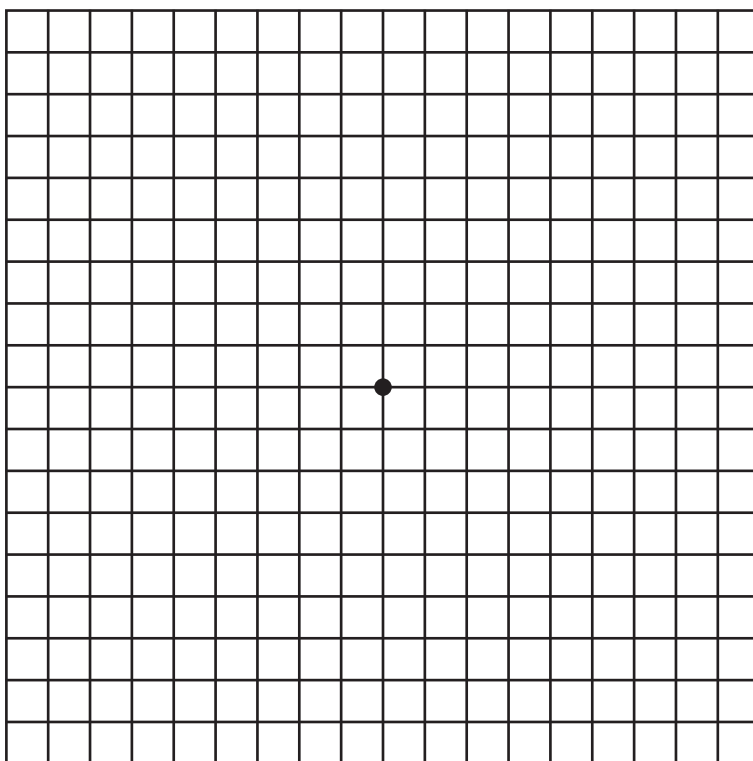
- 1.** Wear the glasses you normally use when reading.
- 2.** Make sure the grid is about 12-15 inches (30-38 cm) away from your face, in bright light and at eye level.
- 3.** Cover 1 eye.
- 4.** Focus your uncovered eye on the dot at the centre of the grid.
- 5.** Continue looking directly at the dot. Note if all grid lines look straight or if any lines or areas look blurry, wavy, dark, or blank in your side vision.

Repeat these steps with your other eye.

If any sections appear blurry, wavy, darker, or blank, **contact your eye doctor (optometrist, ophthalmologist, or retina specialist) to have your vision professionally checked.**

Remember, your eye doctor is the best person to check your eyesight and this resource is not intended to provide individual treatment or medical advice. You should always speak with your eye doctor about questions or concerns you may have about your vision.

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