

How To Test Yourself With the Amsler Grid

- Wear the eyeglasses that you normally wear for reading.
- Position the chart 14 inches away from your face.
- Cover one eye at a time with your hand.
- Stare at the dot in the center. Do not let your eye drift from the center dot.

Contact your eye doctor immediately if:

- Any of the straight lines appear wavy or bent,
- Any of the boxes differ in size or shape from the others, or
- Any of the lines are missing, blurry or discolored.

