



Amsler Grid

Instructions

1. Wear your reading glasses if needed.
2. Hold the grid at **about 30 cm (12 inches)** from your face.
3. Cover one eye and look directly at the central dot.
4. While focusing on the dot, notice if any lines look **wavy, blurry, or missing**.
5. Repeat with the other eye.
6. Use the grid regularly if recommended by your doctor.
7. **If you notice any new distortion or vision changes, contact your eye care provider.**

