

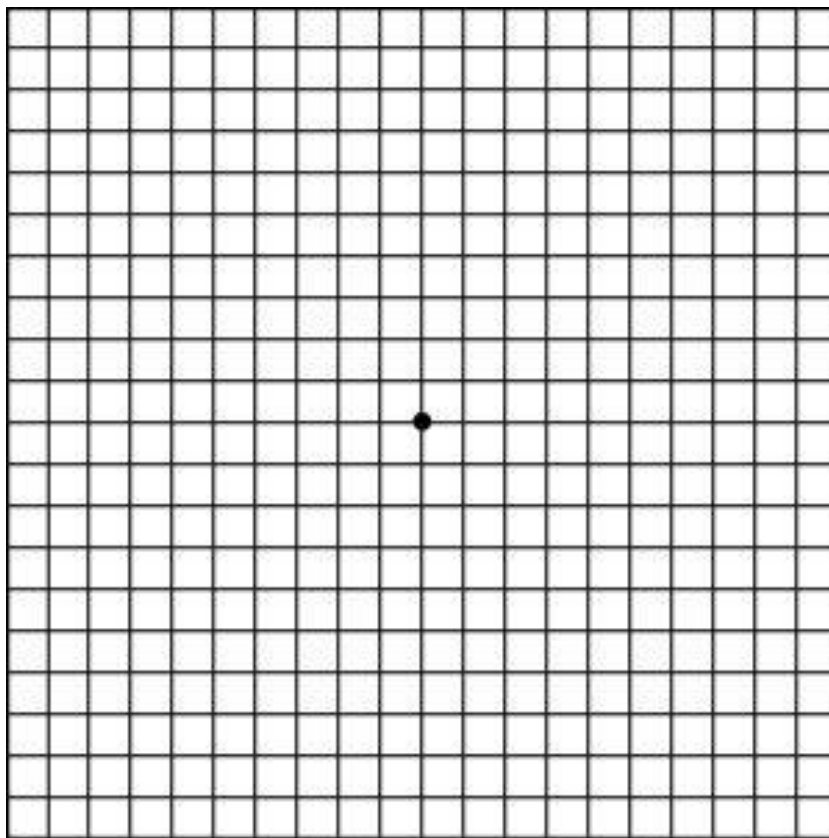
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## Amsler Grid Test



### **How to use an Amsler grid:**

- Hold the grid at a comfortable reading distance (generally, about 12-14 inches away). Wear your reading glasses if you normally use them.
- Cover one eye and focus on the black dot in the middle of the grid.
- Cover the other eye and repeat the test. Look for wavy, dim, irregular or fuzzy lines and if the distortion is new or has worsened, arrange to see your eye doctor at once.
- Test each eye separately, repeat the test once a day every day.

**THIS TEST DOES NOT REPLACE REGULAR EYE EXAMS**

[www.viswa.uk/amsler-grid](http://www.viswa.uk/amsler-grid)

