



### Use Of the Amsler Grid

The Amsler Grid should be used on a regular basis. Place the grid in a location that will allow for easy access (e.g., taped next to the refrigerator or next to the bathroom sink). Look at the grid from 14 inches away through your bifocal or reading glasses. It is **IMPORTANT** to **TEST ONE EYE AT A TIME**. Focus on the center dot. While you keep your gaze fixed upon the black center spot, you should check for the following things:

1. Can you see the four sides and corners of the square?
2. Can you see all the smaller boxes filling the larger box completely?
3. Are all the lines straight and parallel to each other?

If there are changes that are present, you should contact your ophthalmologist's office. A clinic visit within a few days is often necessary to assess if there have been any changes in the central area of the retina.

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