

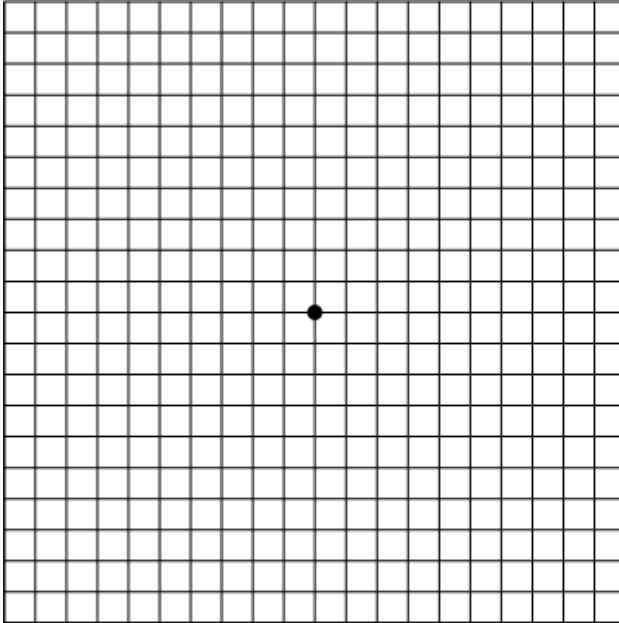


## Amsler Grid

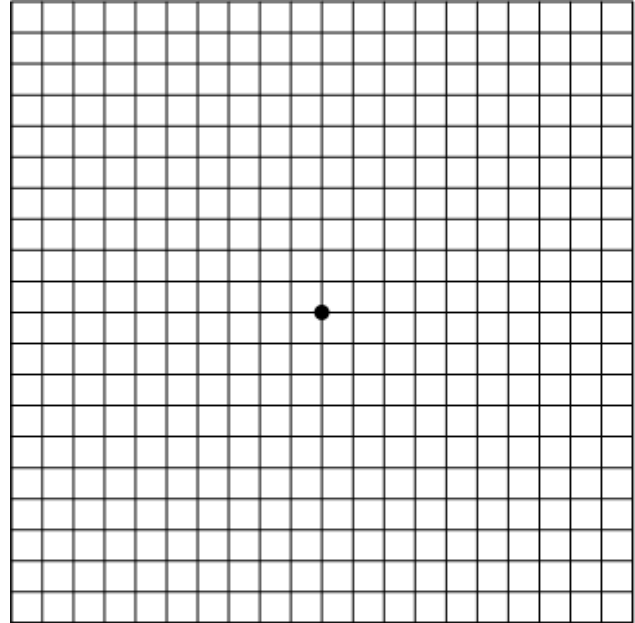
Monitoring Your Central Vision at Home

⚠ **Printing note:** print this page at **100% / Actual Size** — not “Fit to Page.” Each grid must measure **3¼ inches** across. If it prints at a different size, the test will not be accurate.

Left Eye Open

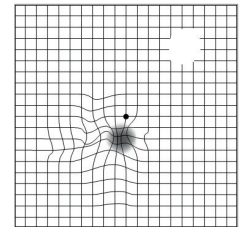


Right Eye Open



### How to Use This Grid

1. Place this chart somewhere handy and well lit — on your mirror or refrigerator — where you will see it regularly.
2. If you wear glasses for reading, **put them on**. If you wear bifocals, look through the **bottom (reading) portion**.
3. Hold the chart about **12 to 14 inches** from your face. **Cover your right eye** and look at the black dot in the center of the left grid with your left eye. Keeping your eye fixed on the dot, use a pen or pencil to mark any areas where lines look **missing, broken, crooked, or wavy**, and any **gray or blurred** spots.
4. Now **cover your left eye** and check the right grid the same way. Mark any problem areas.



At right: an example of what distortion may look like.

**Test one eye at a time.** If both eyes are open the healthy eye compensates and you may miss a change. Checking on a regular schedule is what makes the test useful — it lets you notice a difference from your own baseline.

#### ⚠ **Call our office right away if you notice:**

- **New distortion or waviness** in the lines
- A **new dark, gray, or missing spot**
- Lines that appear **broken or that disappear**
- Any **sudden change** compared with your usual result

**Call our office: 847-488-1030**

**Report any change your doctor is not already aware of — do not wait for your next scheduled visit.**