

# Instructions for using the Amsler grid:

Sit with lighting suitable for reading.

Wear your reading glasses or look through the reading portion of your bifocals (if you normally read with spectacles).

Hold the Amsler grid at normal reading distance (about 14 inches/ 35cm).

Cover one eye at a time with the palm of your hand.

Stare at the centre dot of the chart at all times.

Do not let your eye drift from the centre dot.

Ask yourself the following questions as you check each eye separately:

Are any of the lines crooked or bent?

Are any of the boxes different in size or shape from the others?

Are any of the lines wavy, missing, blurry, or discoloured?

If the answer to any of these questions is "yes" (and this is a new finding for you), you should contact us immediately for an examination. Sometimes these changes may mean that there is leakage or bleeding in the back of the eye causing swelling of the retina.

