



### How to test your eyes with this Amsler Grid

- Print this page on **bright white paper** (heavy stock if possible).
- Test your eyes under **normal room lighting** used for reading.
- **Wear the eyeglasses** you normally wear for reading.
- Hold the grid approximately **14 to 16 inches** from your eyes.
- **Test each eye separately:** Cup your hand over one eye while testing the other.
- Keep your eye **focused on the dot** in the center and answer these questions:
  1. Do any of the lines in the grid appear **wavy, blurred or distorted**?
  2. Do all the boxes in the grid look **square and the same size**?
  3. Are there any **“holes” (missing areas) or dark areas** in the grid?
  4. Can you see **all the corners and sides of the grid** (while keeping your eye on the central dot)?
- Switch to the other eye and repeat.

**IMPORTANT** – Report any irregularities to your eye doctor immediately: Mark areas of the chart you’re not seeing properly (print two charts if you notice problems in each eye) and bring it with you when you visit your doctor.