

AMSLER GRID EYE TEST



Live Well With Vision Loss
Practical tools for living well with vision loss

The Amsler grid is a simple test that can help detect changes in your central vision.

Regular checks can help identify problems early.

HOW TO USE



- 1** Wear your reading glasses if you normally use them for near tasks.



- 2** Hold the grid at eye level about 30cm (12 inches) away in good lighting.



- 3** Cover one eye with your hand.



- 4** Focus on the dot in the centre of the grid with your uncovered eye.



- 5** Look for any changes in the lines or any dark, blank or blurry areas.



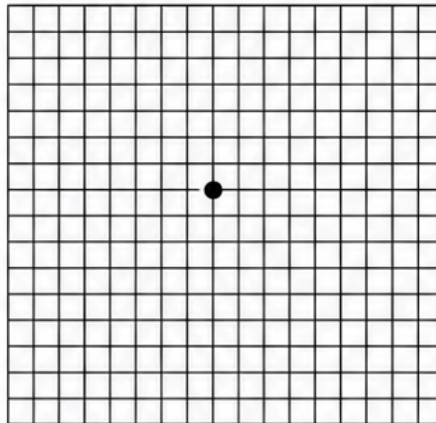
- 6** Repeat with the other eye. If you notice any changes, contact your eye care professional.



IMPORTANT

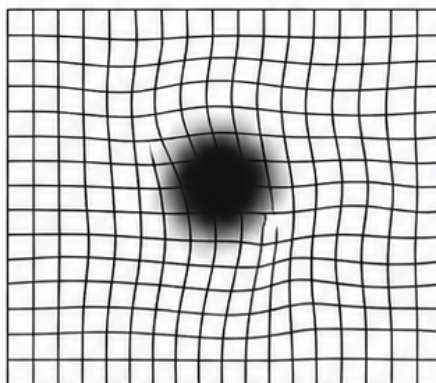
This test does not replace a full eye examination. See your eye care professional regularly.

1 NORMAL VISION



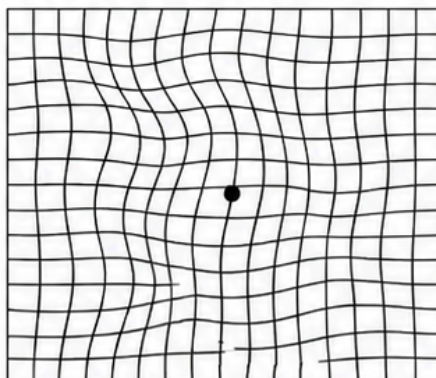
Lines are straight and even, with no dark or blurry areas.

2 MISSING AREA / BLIND SPOT



A dark, blurry or empty area may appear in your vision.

3 DISTORTION / WAVY LINES



Lines may look wavy, bent or distorted, or sizes may look uneven.



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