

AMSLER GRID EYE TEST

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.

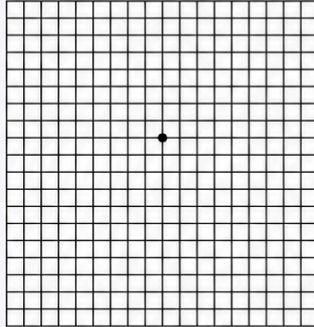


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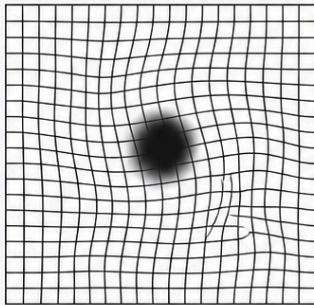
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1 NORMAL VISION



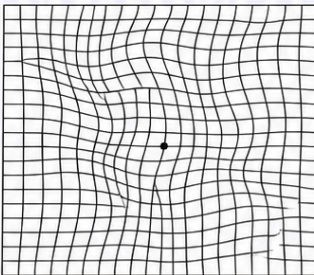
Lines are straight and even, with no dark or blurry areas.

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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