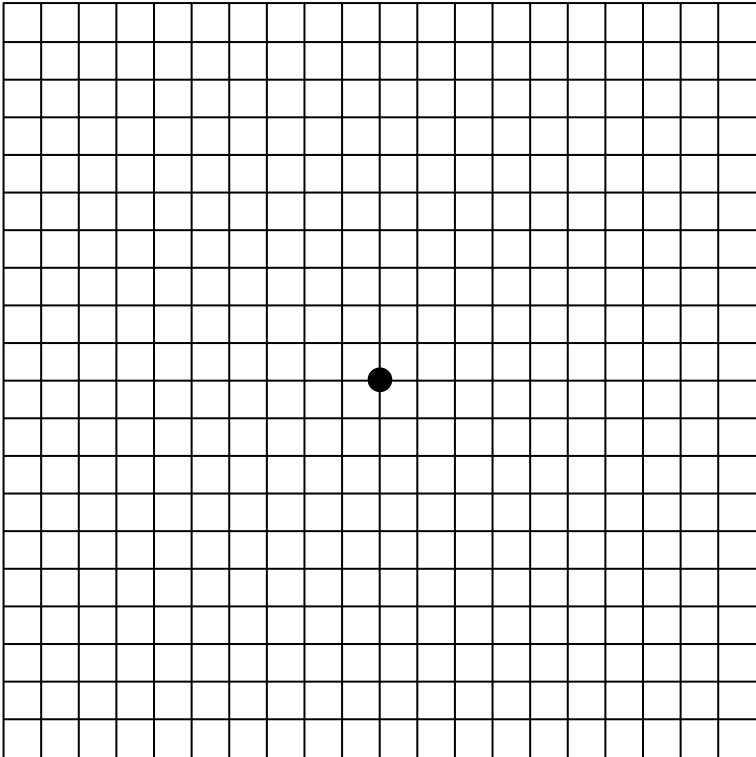


# Amsler Grid



- Hold the grid at 12-16 in (30-40 cm) from your eyes in a good light. Wear reading glasses if you normally use them.
- Cover one eye and focus on the black dot in the centre of the grid with the uncovered eye.
- The lines on the grid should appear straight.
- Repeat with the other eye. Regularly repeat this test.

**If the lines look distorted, irregular, fuzzy or dim, contact your doctor for an eye check.**

