



AMSLER GRID CHECK

The Amsler Grid may be helpful in revealing signs of wet age-related macular degeneration. It is not a substitute for regularly scheduled eye exam/tests.

1. Wear the glasses or contact lenses you normally use for reading.
2. Hold the grid approximately 13 inches (33cm) away from you, in good light.
3. Cover one eye with your hand and focus on the centre dot with your uncovered eye.
4. If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying symptoms of AMD and should contact your Optometrist immediately.
5. Repeat steps 1- 4 with the other eye.

