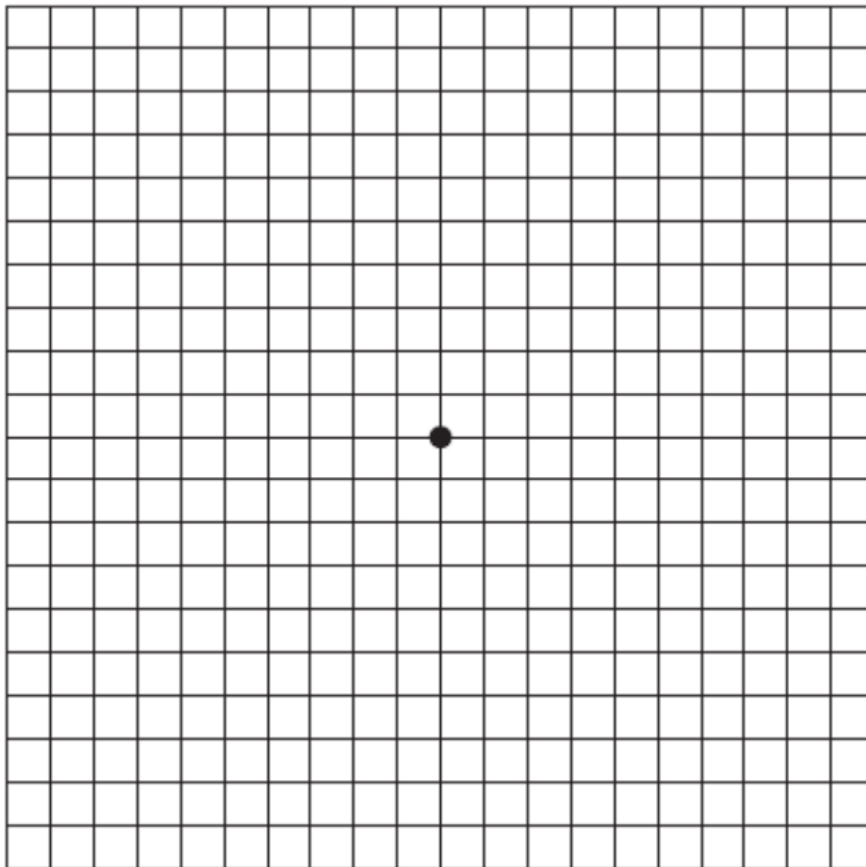


## **Amsler grid to monitor your vision**

Below you will find an Amsler grid for monitoring your vision.  
Please download this PDF and print it out.  
Then follow the instructions provided below.

**If you detect any changes in your vision it is important  
to consult an optometrist or ophthalmologist as soon as  
possible.**

### **Amsler Grid**



## Instructions

1. Download this PDF and print it out.
2. It is recommended to carry out the test regularly but no more than once per week.
3. Ensure the chart is at a comfortable reading distance, generally 12-14 inches or 30-35 centimetres away from your face.
4. You may prefer to tape the chart to a wall instead of holding it in your hand.
5. Maintain the chart at the same distance every time you test your vision.
6. Perform the test in a well-lit room with consistent light and no glare.
7. Carry out the test at a similar time of the day each time you do it.
8. Reading glasses should be worn as normal during the test.
9. Before you carry out the test make sure that your reading glasses are clean.
10. Start the test by covering one eye (without pressing).
11. Fix your gaze on the black dot in the middle of the grid.
12. Keeping your focus on the black dot and answer the following questions:
  - Do any of the lines appear to be wavy, blurred, irregular or fuzzy?
  - Do all the boxes in the grid look square and the same size?
  - Are there any "holes" (missing areas) or dark areas in the grid?
  - Can you see all corners and sides of the grid?
13. Mark any defects on the chart.
14. Cover your other eye and repeat the tests by following steps 11 to 13.

**If you detect any changes in your vision it is important to consult an optometrist or ophthalmologist as soon as possible.**