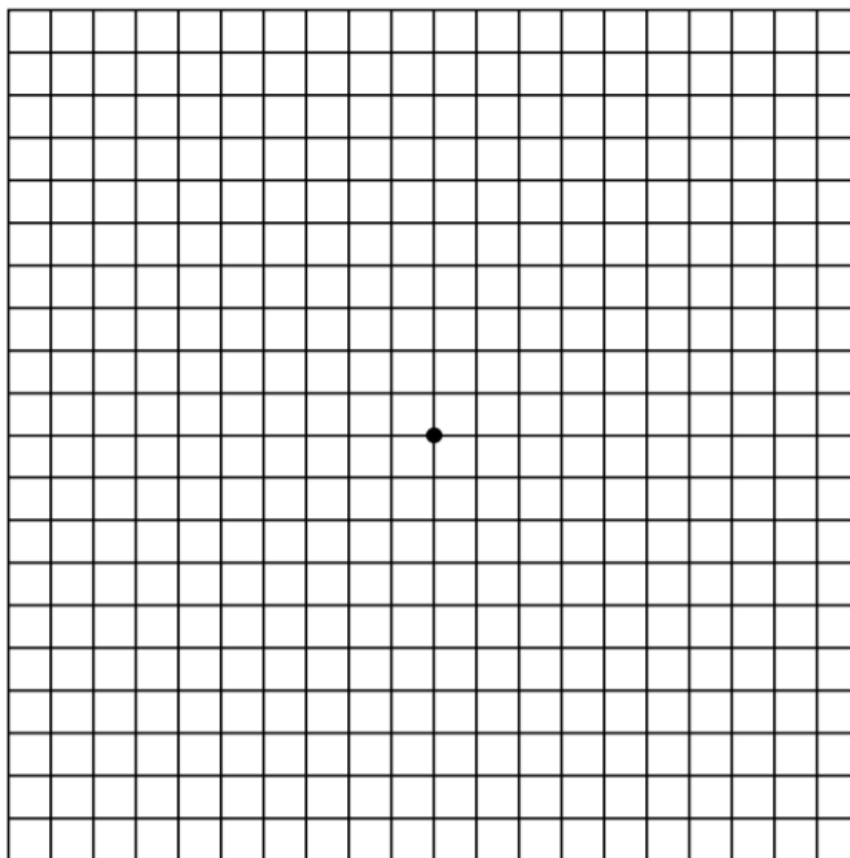


Amsler Chart



How To Test Your Eyes With This Amsler Grid

- Print this page on bright white paper
- Test your eyes under normal room lighting used for reading
- Wear the eyeglasses you normally wear for reading
- Hold the grid approximately 40-45cm from your eyes
- Test each eye separately. Cup your hand over one eye while testing the other eye
- Keep your eye focused on the dot in the centre of the grid and answer these questions:
 1. Do any of the lines in the grid appear wavy, blurred or distorted?
 2. Do all the boxes in the grid look square and same size?
 3. Are there any 'holes' (missing areas) or dark areas in the grid?
 4. Can you see all the corners and sides of the grid (while keeping your eye on the central dot)?

*Switch to the other eye and repeat.

TAKE NOTE – Report any irregularities to your Optometrist or Ophthalmologist immediately: Mark areas of the chart you're not seeing properly and bring it with you when you go for consultation.

