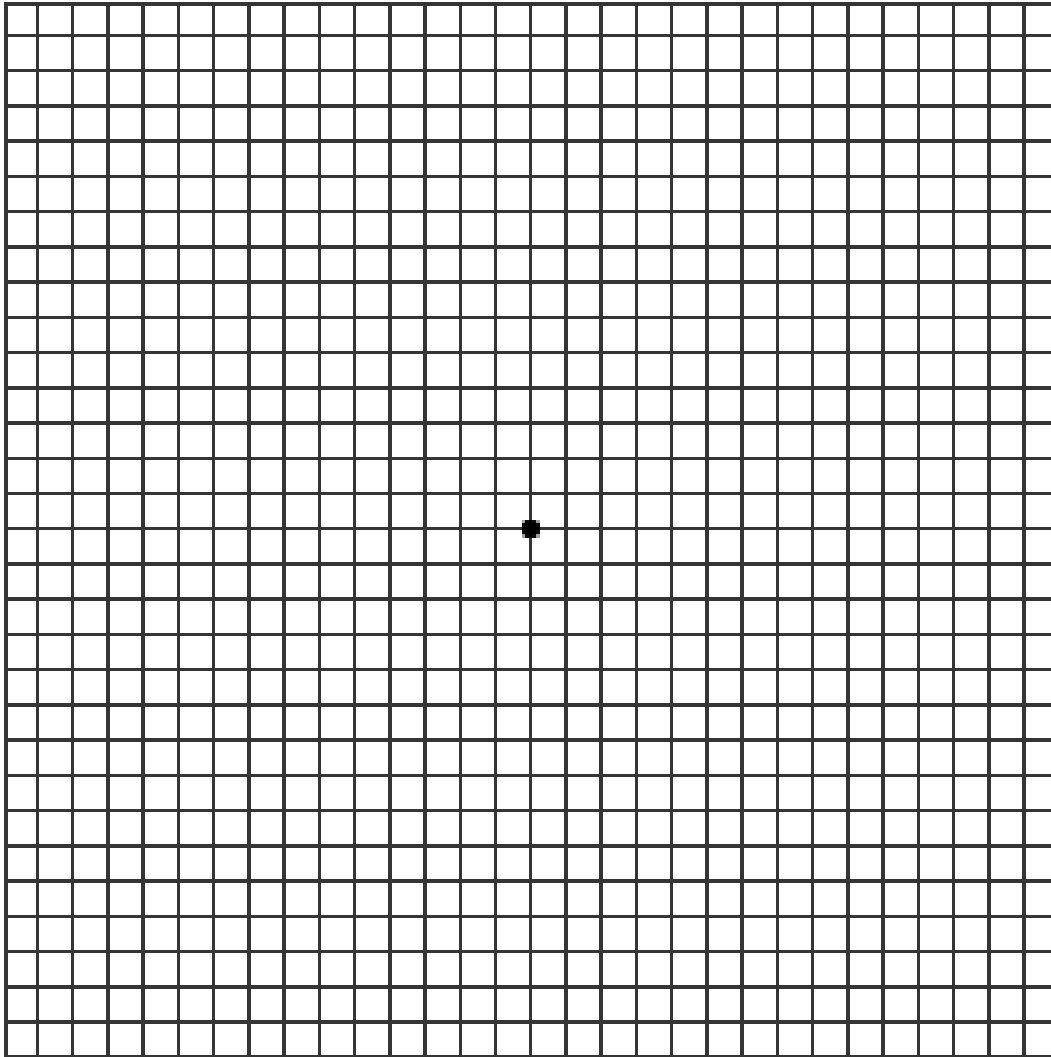


AMSLER GRID



Instructions For Use

1. Hold the page at eye level and where light is consistent and without glare. Hold at the same distance from your eyes you would use if you were reading a book.
2. Put on your reading glasses and cover one eye.
3. Fix your gaze on the center black dot. Can you see the edges and corners well?
4. Keeping your gaze fixed, try to see if any lines are distorted, faded or missing.
5. Mark the defect on the chart.
6. **TEST EACH EYE SEPARATELY.**
7. If the distortion is new to you or has worsened, arrange to see your ophthalmologist at once.
8. *Always* keep the Amsler's Chart the *same distance* from your eyes each time you test.