



*Stick it on the fridge!*

## How to use the Amsler Grid

Hold the grid about 30cm (12") in front of your eyes, roughly where you might hold a book to read.

Wear your reading glasses (if you need glasses for reading). Do not use varifocals.

Cover one eye with the palm of your hand.

Focus on the black dot at the centre of the grid. Do you see any **blurring**, **distortion** or **patches** on the grid whilst still only looking at the central spot? **If you do, visit your eye care practitioner immediately.**

Check the other eye in the same way.