

Amsler Grid Vision Self-Test

- Use adequate lighting in the room.
- Wear your eyeglasses or contact lenses as normally directed.
- Hold or place this chart 12-14 inches away from your eyes.
- Cover one eye at a time with your hands. Repeat for each eye.
- Stare at the dot at the center of the chart. Keep your gaze focused there.
- Mark any issues on the chart and indicate which eye has problems.

Call Our Doctors If You See Any of These

- Boxes appear to be different sizes or shapes from others.
- Lines are missing, blurred or colored.
- Lines appear to bend or wave.

