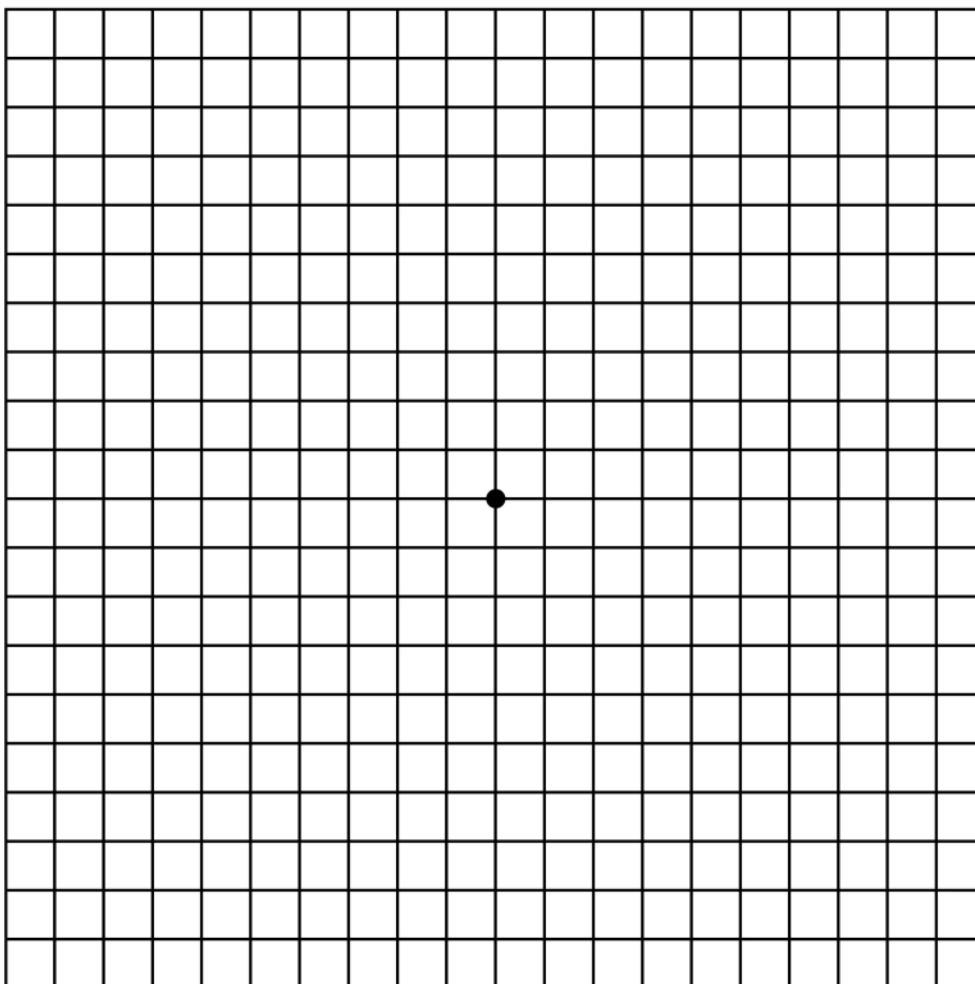


# Amsler Grid



## How to check your vision with the Amsler Grid

- Print the test on a white sheet;
- Test your eyes using the room light normally used for reading;
- Wear the glasses you wear when reading;
- Place the board about 35cm to 40cm away;
- Check each eye separately, covering the other eye with the palm of your hand;
- Focus on the point on the board and answer the following questions:
  1. Are some of your lines blurry, wavy, or disordered?
  2. Do all the cubes look like cubes and are they the same size?
  3. Do you have lumps or do you see black areas on the board?
  4. Do you see all the cubes and lines while one eye is focused on the dot?
- Repeat with the other eye.

**IMPORTANT:** Contact your ophthalmologist immediately if you notice changes in vision. Mark it the parts of the board that you cannot see clearly and take them with you to the ophthalmological examination.