



This Amsler Grid allows you to test your vision at home so you can spot the early signs of Age Related Macular Degeneration (AMD).

Just follow these simple instructions.....

1. If you need to wear glasses for close work including reading then put them on.
2. Hold the grid at around 30cm (roughly 12 inches) from your eyes and look at the dot at the centre of the grid with one eye closed.
3. Adjust the position of the grid, so that when you are looking at the centre dot you can also see all four corners of the grid.
4. Keep looking at the central dot but check that all lines of the grid appear straight and even, and none of the lines are missing.
5. Repeat with the other eye.
6. Check the Amsler grid in this way every few weeks. If you notice that the lines have become distorted, wavy or broken, contact your Optometrist or eye care practitioner straight away.