

Test Yourself with the Amsler Grid

The grid should be printed portrait not landscape and should be placed in a visible location with good lighting. If you wear glasses then glasses should be worn at the time of the test.

1. View the grid one eye at a time
2. Focus on the central dot at a normal reading distance
3. Look for distortion or blind spots
4. Check the other eye

If you notice a change in your vision, schedule a consultation with your ophthalmologist.

