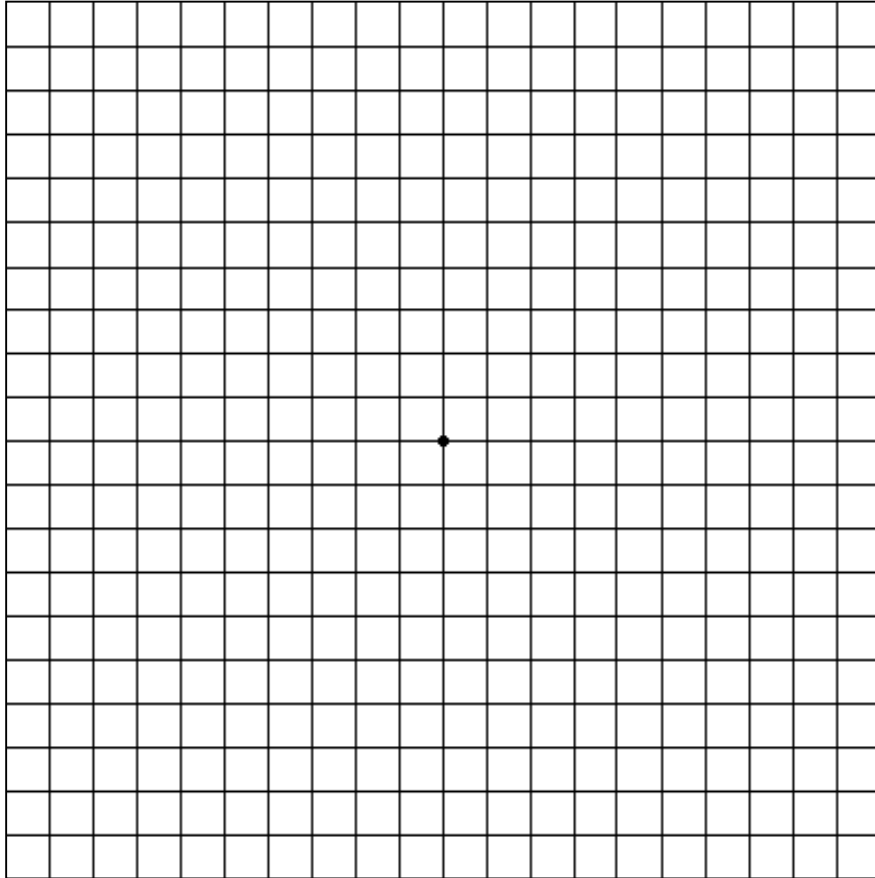


The Amsler Grid - Vision Test

The Amsler Grid is used to test the macula, the very central part of the retina. The test is simply a grid made of evenly spaced horizontal and vertical lines. A small dot is located in the centre of the grid for eye fixation. Simply follow the instructions below the grid.



Instructions:

1. Wear your reading glasses (if applicable)
2. Hold the grid at a normal reading distance
3. Cover one eye and look at the dot in the centre of the grid
4. Note the following:
 - Am I able to see the corners and sides of the square?
 - Do I see any wavy lines?
 - Are there any holes or missing areas?
5. Test the other eye in the same manner

If the lines of the grid do not look straight, or areas appear to be missing and/or distorted, you should inform a retinal specialist.