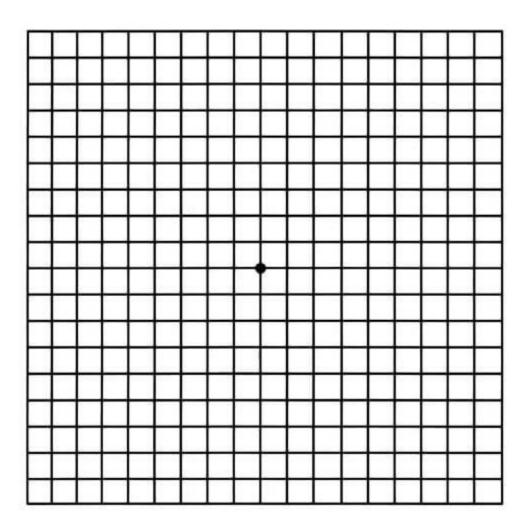


AMSLER GRID



How to test your eye with this grid:

- 1. Print this page on bright white paper (heavy/ card stock is best).
- 2. Test your eyes daily under normal room lighting used for reading.
- 3. Wear the eyeglasses you normally wear for reading.
- 4. Hold the grid approximately 14 to 16 inches from your eyes.
- 5. Test each eye separately. Cup your hand over one eye while testing the other eye.
- 6. Keep your eye focused on the dot in the center of the grid and answer these questions:
 - a. Do any of the lines in the grid appear wavy or distorted?
 - b. Do all the boxes in the grid look square and the same size?
 - c. Are there any "holes" (missing areas) or dark areas in the grid?
 - d. Can you see all the corners of the grid while keeping your eye on the central dot?
- 7. Switch to the other eye and repeat.

IMPORTANT- Report any changes or irregularities to your eye doctor immediately.