

Amsler Grid

How to test yourself:

Print this page.

- If you wear reading glasses, please wear them while you use the Amsler grid.
- The grid should be the same distance from your eyes as you would usually hold reading material.
- Cover one eye, and focus on the dot in the center. Remember to test both eyes.
- Do you notice any blurring, distortion, waviness, dark or missing spots?

IMPORTANT: If you notice any irregularities, see your optometrist immediately.

