

Amsler Grid Eye Exam

The Amsler Grid may be helpful in revealing signs of wet age-related macular degeneration. It is not a substitute for regularly scheduled eye exam/tests.

Directions:

1. Do not remove glasses or contact lenses you normally wear for reading.
2. Stand approximately 13 inches (33 cm) from the grid in a well-lighted room.
3. Cover one eye with your hand and focus on the center dot with your uncovered eye. Repeat with other eye.
4. If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying symptoms of AMD and should contact your eye care provider immediately.

