



## Amsler Grid “To Test Your Eye Sight”

### INSTRUCTIONS:

- Make copies of this chart and label right eye and left eye.
- Hold chart at eye level in consistent light without glare.
- Use your glasses or reading glasses.
- Cover one eye and test each eye separately.
- Fix your sight on the center dot and look for new areas of blurry, missing or distorted and wavy lines or enlargement of the center dot.
- Mark the defect on the chart.
- Do this test each and every morning.
- If you notice any changes call your doctor.