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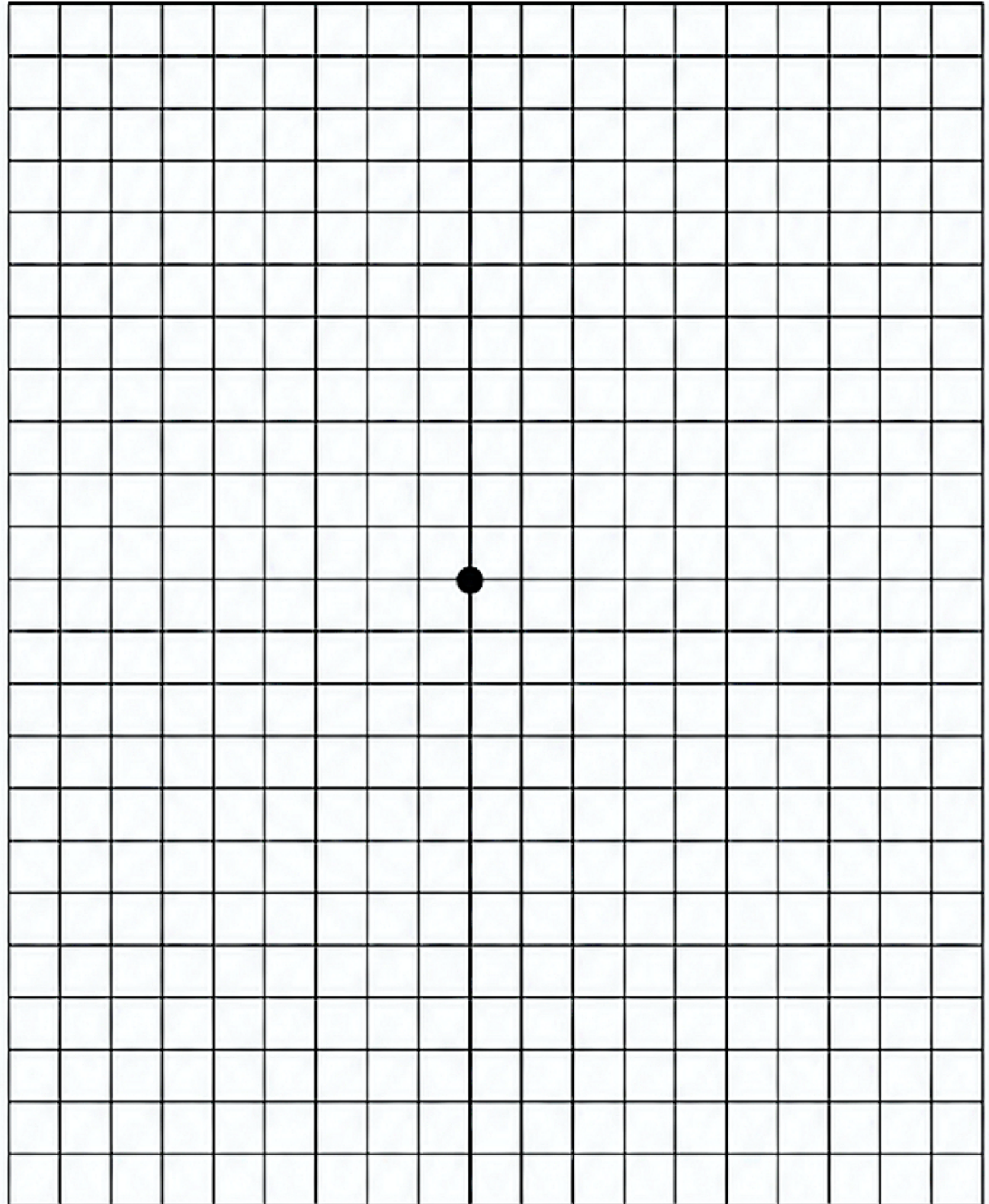
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# Amsler Grid Chart

This chart helps detect changes in your central vision.

## HOW TO USE

- 1 Tape this page at eye level where light is consistent and without glare.
- 2 Put on your reading glasses and cover one eye.
- 3 Fix your gaze on the center black dot.
- 4 Keeping your gaze fixed, try to see if any lines are distorted or missing.
- 5 Mark the defect on the chart.
- 6 **TEST EACH EYE SEPARATELY.**
- 7 If the distortion is new or has worsened, arrange to see your eye doctor at once.
- 8 *Always* keep the Amsler's Chart the same distance from your eyes each time you test.



## WHAT TO LOOK FOR



**WAVY OR DISTORTED LINES**  
Lines may look wavy, bent or irregular.



**MISSING OR DARK SPOT**  
A dark, empty or missing area in the center.



If you notice any new, persistent or worsening changes, contact us immediately.

Early treatment is important.