

# **Instructions for Proper Amsler Grid Testing at Home**

The Amsler Grid is a "map" of your macular area in the back of your eye and it is used to determine if any changes are occurring to this area in between doctor appointments. The grid should be checked on a daily basis so you have a better memory of what it appeared to look like the day before. If changes occur to the grid which are significant compared to the day before, you should contact your eye care professional as soon as possible to discuss these changes.

1. Place Amsler Grid in an area where you will remember to evaluate it on a once a day basis (by your medicines).
2. Hold the Amsler Grid at a distance which is in focus for your current reading prescription (usually 12-16 inches).
3. Cover your left eye and view the central fixation dot with your right eye. This dot should be visible constantly. If you have difficulty viewing the dot, or it "comes and goes", this may be an indication of changes to your central vision. If this change is new compared to previous Amsler Grid testing, it should be reported to your eye doctor as soon as possible.
4. Keeping your eye fixation on the central dot appreciate the lines on the rest of the Amsler Grid. These lines should appear straight and clear. If they appear significantly wavy, distorted or missing in areas that were not involved the day before, this also may be an indication to speak with your eye care professional.
5. Cover the right and repeat the above steps with the left eye.