

Place this Amsler grid in a location in your home where you can check it regularly.

The grid should appear to have straight horizontal and vertical lines with a dot in the center. This grid should not appear wavy or blurry. When doing this test, keep the following in mind:

- It is important to test each eye separately. So cover 1 eye and look at the grid with the other. Then repeat with your other eye
- Keep the grid at a normal reading distance—about 14 inches away
- Do not stare at the grid for long periods of time
- Make sure you are looking directly at the dot in the center of the grid
- If you normally wear glasses, do so while looking at the grid
- Make sure you are looking at the grid with adequate lighting

