

## How to Test Yourself with the Amsler Grid

1. Wear the eyeglasses you normally wear for reading.
2. Position the chart in good lighting 14 inches from your face.
3. Cover one eye at a time with your hand.
4. Stare at the dot in the center of the grid with your other eye. Do not let your eye drift from the center dot.

**Contact your eye doctor immediately if you notice any of the following:**

- Any of the straight lines appear wavy or bent
- Any of the boxes differ in size or shape from the others
- Any of the lines are missing, blurry, or dim

