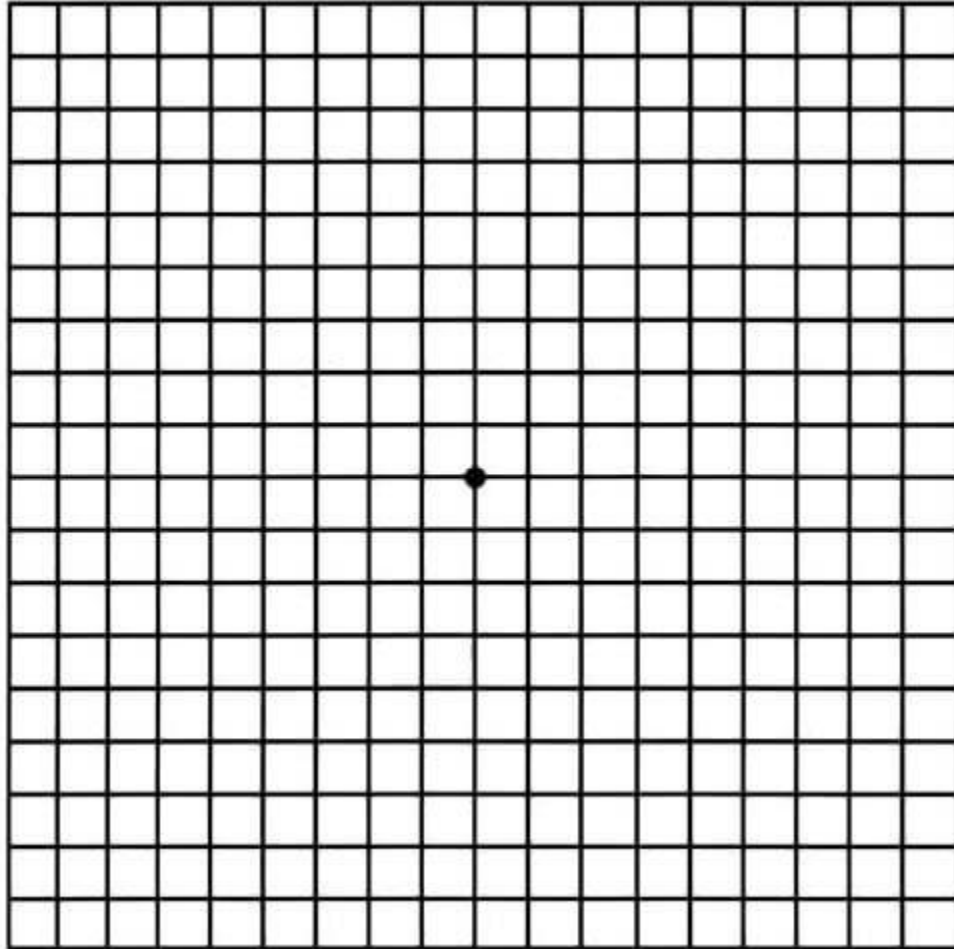


AMSLER GRID



How to test your eye with this grid:

1. Print this page on bright white paper (heavy/ card stock is best).
2. Test your eyes daily under normal room lighting used for reading.
3. Wear the eyeglasses you normally wear for reading.
4. Hold the grid approximately 14 to 16 inches from your eyes.
5. Test each eye separately. Cup your hand over one eye while testing the other eye.
6. Keep your eye focused on the dot in the center of the grid and answer these questions:
 - a. Do any of the lines in the grid appear wavy or distorted?
 - b. Do all the boxes in the grid look square and the same size?
 - c. Are there any "holes" (missing areas) or dark areas in the grid?
 - d. Can you see all the corners of the grid while keeping your eye on the central dot?
7. Switch to the other eye and repeat.

IMPORTANT- Report any changes or irregularities to your eye doctor immediately.