



**Texas Medical Center**  
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**POST THE AMSLER GRID IN A PLACE WHERE YOU WILL SEE  
IT FREQUENTLY, SUCH AS ON A REFRIGERATOR OR A  
BATHROOM MIRROR**



**HOLD THE GRID AT A COMFORTABLE READING DISTANCE-  
ABOUT 14 INCHES**



**IF YOU NORMALLY WEAR GLASSES OR BIFOCALS TO READ,  
THESE SHOULD BE WORN WHILE CHECKING AN AMSLER  
GRID**



**COVER ONE EYE AND FOCUS ON THE BLACK DOT IN THE  
CENTER OF THE GRID. THE LINES SHOULD ALL LOOK  
STRAIGHT AND THE BOXES SHOULD ALL LOOK SQUARE**



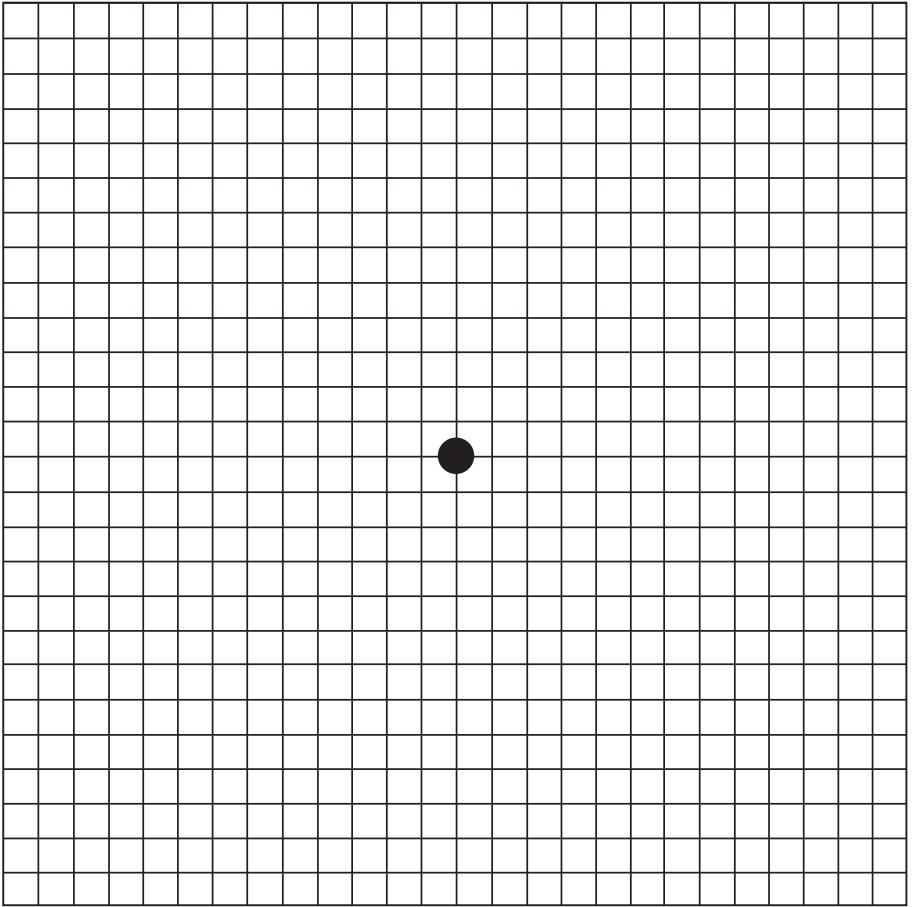
**NOTE ANY VISION CHANGES SUCH AS A DARK SPOT OR  
WAVY LINES**



**REPEAT THESE STEPS WITH THE OTHER EYE**



**IF YOU NOTICE A NEW AREA OF DISTORTION OR DARK  
SPOT, CONTACT YOUR EYE DOCTOR**



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