



See reverse for directions.

Amsler Grid

The Amsler Grid* is a self-test you can use to check the central part of the retina (macula).

The self-examination is pretty simple. Please follow the directions below:

1. If you need reading glasses, wear them during the test and look at the grid at your normal reading distance (approx. 30–50 cm).
2. Cover one eye.
3. Look directly at the black dot in the centre of the grid.
4. When doing so, pay attention to whether all the lines of the grid are straight or whether they are distorted, wavy or blurred in some areas.
5. Repeat the procedure with the other eye.
6. If any of the lines appear distorted or blurred, please consult your eye care specialist and describe the results.
7. You should repeat the test at regular intervals (once a month).

*This test assists in the detection of early changes in the central part of the retina. However, it doesn't replace a professional eye exam. For a reliable diagnosis, contact your eye care specialist.

For more information visit:
www.spectralis-eyehealthcheck.co.uk

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