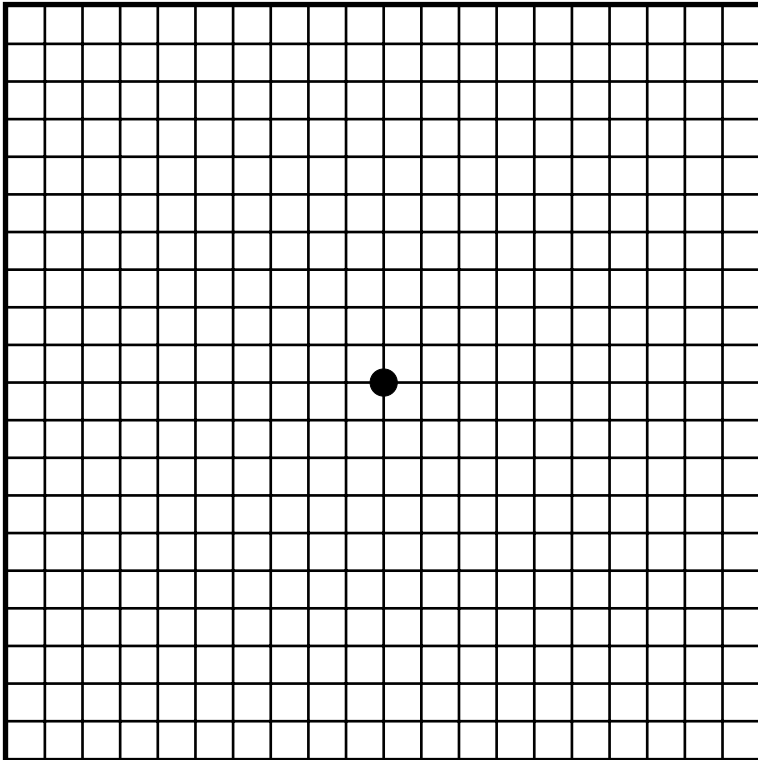




The Amsler Grid Test

1. Hold the grid at a distance of approximately 30–40 cm in daylight.
(If you normally wear glasses or contact lenses for reading, please use them for this test.)
2. Cover one eye with your hand (do not squeeze it shut).
3. With the uncovered eye, focus on the black dot in the centre of the grid.
4. Repeat the test with the other eye.



Test result:

Can you see all the grid lines? Are all lines straight?

If you notice distorted, bent, blurred or interrupted lines, we recommend a prompt ophthalmological examination.