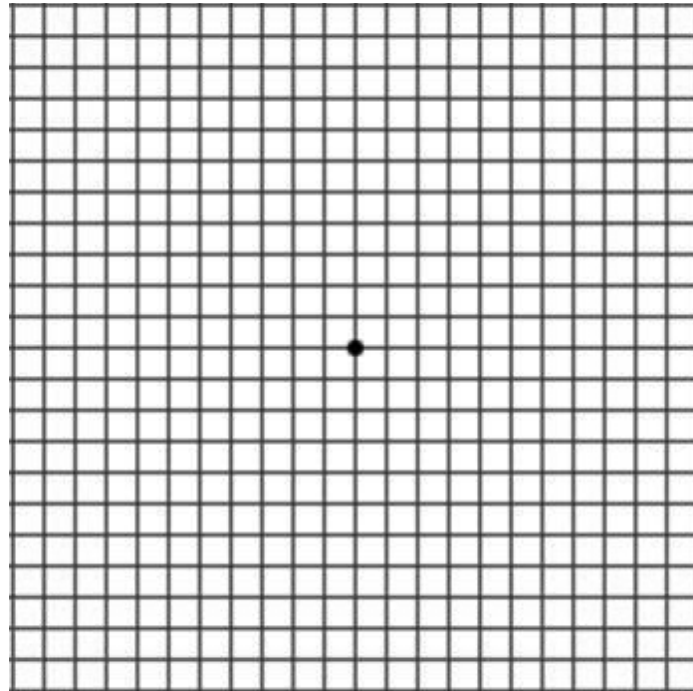


Amsler grid test



1. Put on your reading glasses or progressive/bifocal lenses;
2. Hold this grid at a comfortable reading distance, in a well-lit location and cover one eye;
3. Focus on the small dark circle in the center of the grid;
4. While looking at the dark circle, pay attention to the surrounding vertical and horizontal lines to detect any distortion or missing segments of the squares;
5. Should there be any distortion, mark the area involved in the grid;
6. Next, cover the other eye and test it. You should always test just one eye each time;
7. Repeat this test once a week or in case you feel any new visual symptoms;
8. If the distortion of any lines is new or worsened, contact the eye clinic urgently to schedule an evaluation of your retina.

Hint: keep this self-examination grid somewhere where you won't risk losing it accidentally (e.g. fridge or office desk)