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The Amsler Grid

The Amsler grid was developed by Marc Amsler to allow patients to test their own central (reading) vision for early signs of retinal disease that may be treatable. The test consists of a grid of vertical and horizontal lines.

Directions

1. Look through your reading glasses or bifocals.
2. Hold the grid approximately 12 inches from the eye.
3. Keep both eyes open and look at the dot in the center of the grid.
4. Cover the left eye. While looking at the dot, answer the following questions. Can you see all four corners of the grid? Are any of the lines blurry, wavy, distorted, bent, gray, or missing?
5. Repeat the previous step with the right eye.
6. If you note any changes in how you see the grid, call your optometrist.
7. We recommend you use the grid two to three times a week.
8. Place the grid in a convenient place to remind you to use it regularly (e.g., the refrigerator door or bathroom mirror).

You can use the grid below to take the test on your computer screen. Download the grid for use as a screen saver. Alternatively, download the black-on-white version for printing.

