The Amsler Grid

With this test you can check your central vision at home. Use the Amsler grid test every day to detect any changes that may be caused by worsening age-related macular degeneration (AMD) or other macular disorders.

Follow these steps while looking at the grid:

1. If you usually wear reading glasses, put them on to take this test.
2. Hold the Grid at a normal reading distance in good lighting, about 12 - 14 inches away from your face.
3. Using only your right eye (left eye closed), look at the dot in the center of the grid. Make sure that you can see the entire grid.
4. If any of the lines in the grid look distorted, blurry, or missing, write down what you see.
5. Repeat these steps with your left eye while your right eye is closed. If any of these changes are new, please call your doctor at (605) 705-3322 to report same day.

