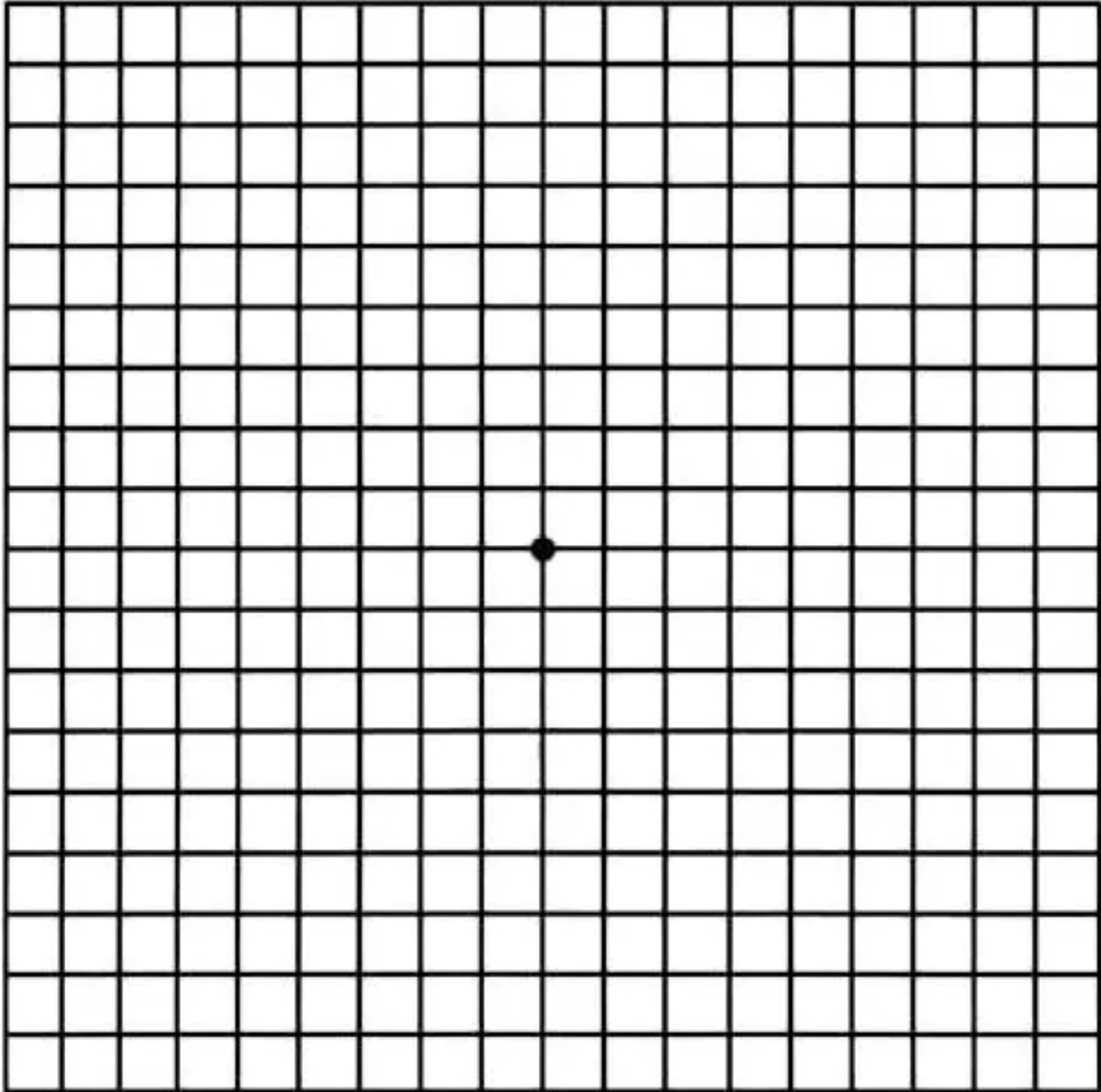


## What is an Amsler grid?

The Amsler grid is a simple square containing a grid pattern and a dot in the middle. When used correctly—once a day, every day—the Amsler grid can show problem spots in your field of vision.



## How do I use an Amsler grid?

To use the Amsler grid, follow these steps once a day, every day:

1. Wearing any glasses you normally use to read, hold the grid 12 to 15 inches away from your face in good light.
2. Cover one eye.
3. Look directly at the center dot with your uncovered eye and keep your eye focused on it.
4. While looking directly at the center dot, notice in your side vision if all grid lines look straight or if any lines or areas look blurry, wavy, dark or blank.
5. Follow the same steps with the other eye.

## If I notice changes while using the Amsler grid, what should I do?

If you notice any areas of the grid that appear darker, wavy, blank or blurry, contact your ophthalmologist right away. They will check to see what's going on with your [AMD, and begin treatment](#) if appropriate.

**Remember:** doing this simple at-home eye test once a day, every day can help save your vision.