

Eye Test - Amsler Grid

This simple screening test is used to detect vision changes by assessing the macula. You can test your vision on your own daily by using the grid shown here. You can also print out your own copy of the Amsler Grid for use at home.

How to test yourself:

If you need reading glasses, please wear them while you use the Amsler Grid. The grid should be at about the same distance from your eyes that any other reading material would be.

A small red dot is located in the center of the grid for fixation. While focusing on the dot in the center, look for wavy lines or missing areas of the grid and look to make sure you can see the corner and sides of the square. You can test both eyes at once or you can cover one eye at a time and repeat the test.

If you notice any irregularities, mark areas of the chart that you're not seeing properly and bring it with you to your eye exam.

