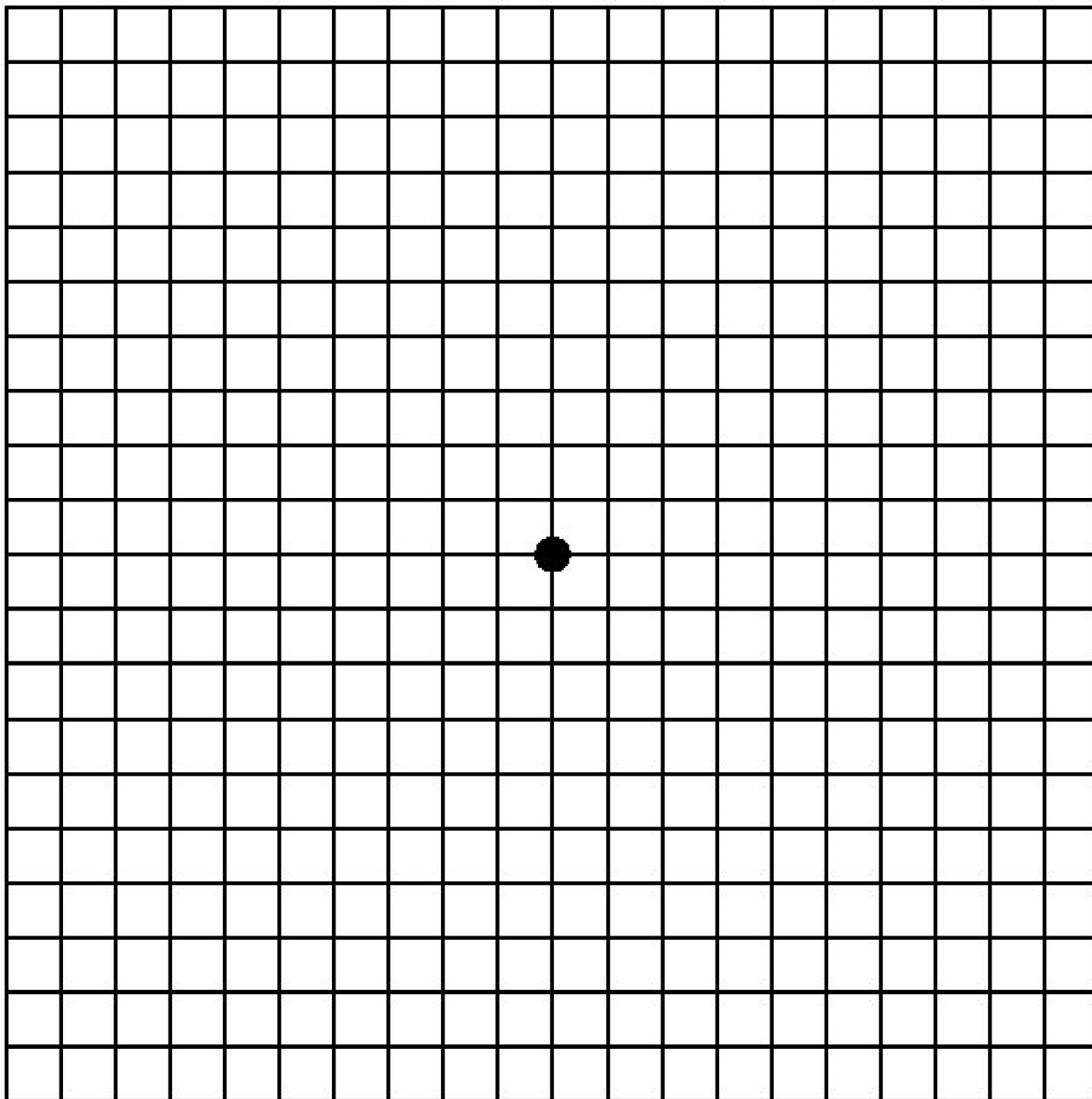


Amsler Grid



In order to perform this test, please follow the instructions:

Amsler Grid

1. Print the test page in A4 standard format. Place the chart 50 centimeters (or 20 inches) away from your face. If the test page is in another format, or if you wish to perform the test facing the screen, you will have to calculate the distance at which you have to place the chart, using the following formula: measure the height of any of the small squares in millimeters. Then, divide the value of this measurement by 5. Finally, multiply it by 30. The result shows the distance at which you must place the grid, in centimeters.
E.g. $(8/5) \times 30 = 48$ cm.
1. Perform the test with eye correction (contact lenses or glasses).
1. Test one eye at a time, focusing on the dot in the center of the grid. Start with the right eye, covering the left one without pressing on it. Then, examine the left eye by doing the opposite. If you are using correction glasses, you can cover the eye with a sheet of paper.
1. All lines should be straight, all intersections should form right angles and all the squares should be the same size.
1. If you see abnormal signs like :
 - wavy lines;
 - blurred lines;
 - distorted lines;
 - missing areas or dark areas in the grid;
 - if you cannot see all corners and sides of the grid;or if you have any doubts about your sight, visit your ophthalmologist.

NOTE: take the results as a recommendation. The results do not indicate a diagnosis whatsoever. Performing the test does not mean you should skip regular visits to your eye doctor, because you could easily miss signs that only a trained eye care practitioner would find.