

The Amsler Grid is one of the best ways of checking for or monitoring Macular Degeneration, as well as other eye diseases, at home. Though some Amsler Grids are black lines on white background, the “textbook” Amsler Grids have white lines on a black background, which is more specific in detecting eye disease. It may take more ink to print out, but isn’t a little toner worth your eyesight?

Following are instructions for proper home testing using the Amsler Grid. If you have any questions, please call the office at 865-9899 or email Dr. Albrecht at scott@albrechtfamily.com.

AMSLER GRID INSTRUCTIONS

- 1. Wear the glasses you normally wear when reading.**
- 2. View the chart at arms distance and cover one eye. With the uncovered eye, stare at the white dot in the center of the grid.**
- 3. To view the chart at the proper distance, slowly move in toward you until one of the two red ovals FIRST disappears.**
- 4. During the entire test, you should have one eye covered, stare at the center of the grid and only see one red oval.**
- 5. If your eye is functioning properly, you should be able to see the center white dot and the four corners and sides of the grid. The lines should appear to be straight and continuous from top to bottom and side to side.**
- 6. Now test your other eye.**