

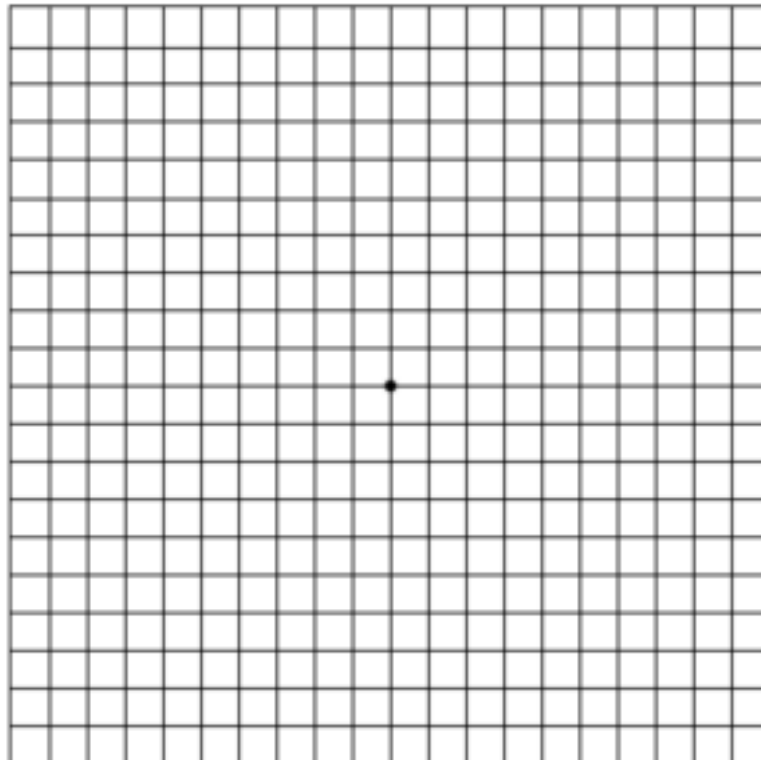
MICHAEL HOLMES PREMIUM EYEWEAR

Amsler Grid

Please print this page to take the test. Please print on A4 (regular) paper size.

If you need reading glasses, please wear them while you use the Amsler grid.

1. Hold the grid at a distance of about 30 – 35cm from your face.
2. Cover one eye, then focus on the dot in the centre.
3. While looking at the central dot, assess the grid appearance:
 - Do any of the lines look wavy, blurred or distorted? (All horizontal and vertical lines should be straight, all the squares should be the same size.)
 - Are there any missing areas or dark areas in the grid?
 - Can you see all corners and sides of the grid?
4. Repeat the test with your other eye.



Report any changes to your optometrist immediately. You can mark the abnormal areas on the paper.