



Retina Associates
of Orange County

Amsler Grid
Macular Disease Awareness

Instructions:

Note: Use your reading glasses if you use them normally.

1. Hold grid approximately 14 inches away from your eyes.
2. Cover one eye. While covering the eye, focus on the center dot with the other eye (the uncovered eye).
3. Now, switch eyes and repeat process.
4. Look for irregularities. Note any blurred, wavy, or missing areas/lines.
5. If known abnormal areas already exist, note any changes.

