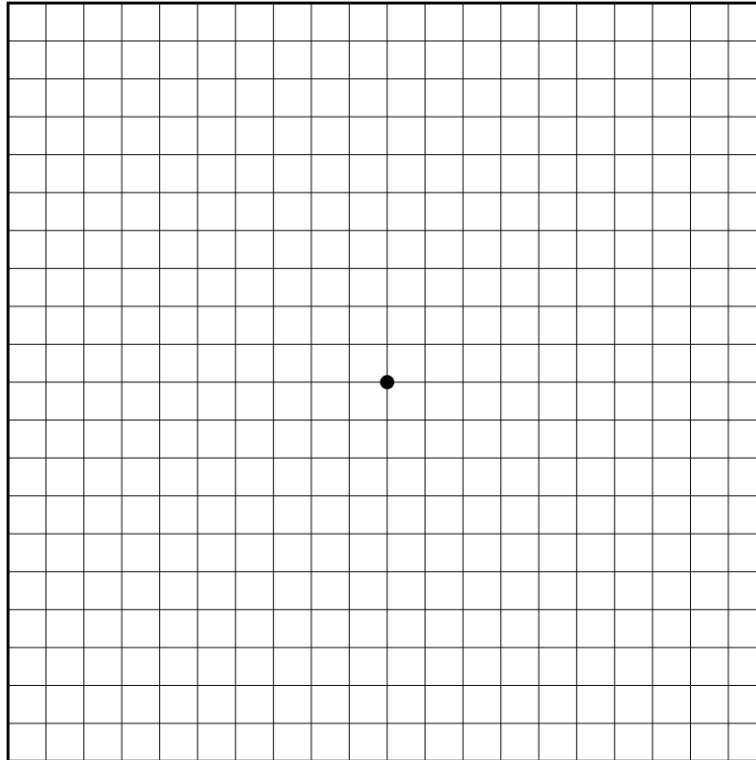


Amsler Grid Test

A simple tool for monitoring changes in your central vision, safe to use at home. Check one eye at a time.



Keep looking at the centre dot

How to use the grid

1. Wear your usual reading glasses, and check in good, even light.
2. Hold the grid at your normal reading distance, about 30–35 cm from your eyes.
3. Cover one eye with your hand.
4. With the other eye, look straight at the centre dot and keep looking at it.
5. While you look at the dot, notice whether any lines look **wavy, bent, blurred, dark or missing**, or whether the squares differ in size.
6. Mark any such area on the grid with a pen, then repeat with the other eye.

When to contact us

If you notice a new change, such as lines that look **wavy, blurred, dark or missing**, or anything different since your last check, arrange an assessment with an eye specialist soon. Bring this sheet with you.

The Amsler grid is not a substitute for an eye examination. It cannot diagnose or rule out an eye condition, so keep to your scheduled eye examinations even when the grid looks normal, particularly if you have known risk factors for age-related macular degeneration (AMD).

Aged 40 or over?

A baseline eye examination is recommended at the age of 40, even when your eyes feel fine (American Academy of Ophthalmology). If you have not had one yet, an eye screening is a simple place to start.

See our eye screening packages at The Straits Eye Community Clinic: <https://eyespecialist.sg/eye-screening>