



Seeking A Cure For
Retinitis Pigmentosa, Macular Degeneration,
Usher Syndrome and Allied Retinal Dystrophies

Amsler Grid Test

The Amsler Grid is a tool that Eye Care Professionals (ECPs) use to detect vision problems resulting from damage to the macula (the central part of the retina) or the optic nerve. If you are at risk for macular degeneration or other eye diseases, you can use this chart at home to monitor your vision. Check your eyes with the Amsler Grid as frequently as your ECP recommends, or whenever you notice a change in your eyesight.

DIRECTIONS FOR USE

Testing your eyes with an Amsler Grid is easy and takes only a few minutes:

1. Place the Amsler Grid on a wall or easel approximately 40 cm (15 inches) away.
2. Test your eyes under normal room lighting used for reading and wear eyeglasses you normally wear for reading.
3. Cover one eye with your hand, a large spoon or some other item that completely blocks the vision of the covered eye. (Do not apply pressure to the covered eye, as it might affect that eye's vision when you test it.)
4. Keep your eye focused on the dot in the centre of the grid and answer these questions:
 - Do any of the lines in the grid appear wavy, blurred or distorted?
 - Do all the boxes in the grid look square and the same size?
 - Are there any "holes" (missing areas) or dark areas in the grid?
 - Can you see all corners and sides of the grid (while keeping your eye on the central dot)?
5. Switch to the other eye and repeat.

Mark areas of the Amsler Grid that you're not seeing properly (print two grids if you notice problems in each eye), and bring the grid(s) with you when you visit your ECP.

DISCLAIMER:

The Amsler Grid is only one element of a comprehensive eye exam. It is not a replacement for visiting your ECP, as you can easily miss signs that an ECP will find.

Only a comprehensive eye exam performed by a licensed ECP can determine if your eyes are healthy and you are seeing as clearly and comfortably as possible.



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