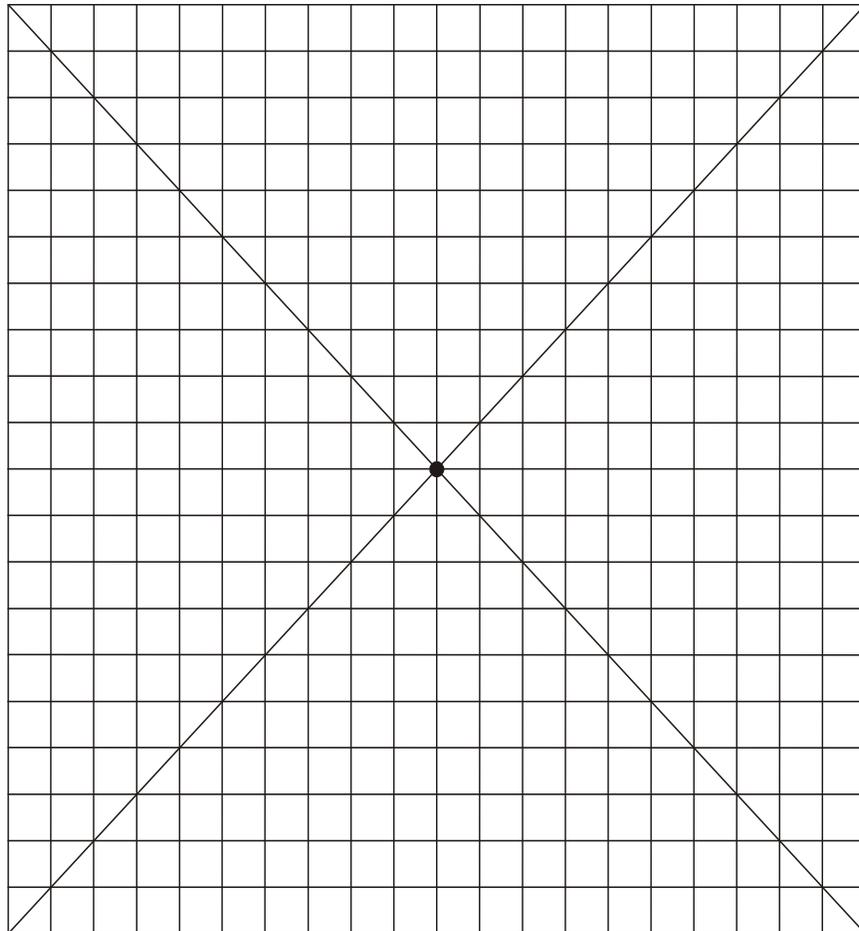


Amsler Grid

1. This test can detect early changes in retinal tissue due to fluid leakage, blood vessel growth, or traction. These changes may be treatable.
2. Do this test with reading glasses or through the bifocal segment.
3. Hold the grid (checkerboard pattern) 12 inches from the eyes.
4. Cover the left eye while looking at the center dot with the right eye.
5. Answer the following questions:
 - a. Did the squares around the dot change shapes or disappear when you covered one eye?
 - b. Do you see all four corners and sides of the big square?
 - c. Do you see all the little squares within the big square?
 - d. Are there any holes, spots, or blurry areas?
 - e. Do all the lines appear straight and parallel?
 - f. Are any of the lines wavy, shiny, vibrating, or a different color?
 - g. Do any of the squares look smaller or shrunken (as if you looked through the wrong end of a telescope)?
6. Repeat step 5, now covering your right eye and looking with your left eye
7. Repeat this test every _____.
8. If you note any changes in how you see the grid, draw the changes on the grid and immediately call the VA Northwest Network Call Center. They can advise you and can contact your eye doctor on-call for emergencies
8. Please call the VA Northwest Network Call Center at 1-888-233-8305 with any problems or questions. They are available 7 days a week, 24 hours a day.

Amsler Grid Testing



Procedure:

1. Hold this grid at 12 inches or about 30 centimeters from your face.
2. Always wear your reading glasses. Look through the reading portion of your glasses, if you are wearing a bifocal.
3. Always test one eye at a time, cover the other eye with the palm of your hand.
4. Perform the test with good room lighting

Questions to ask yourself:

Always keep your eyes fixed at the center black spot. If you cannot see the black spot, then fixate your eyes to where the diagonal lines cross.

1. Keeping your gaze fixed upon the black spot in the center,
Can you see all four corners of the big square?
Can you see all four sides of the big square?
2. While always keeping your gaze fixed on the center black spot,
Are there interruptions in the grid, such as holes, spots, or blurring?
3. While always keeping your gaze fixed on the center black spot,
Is every small square equal in size and perfectly regular?
4. While always keeping your gaze fixed on the center black spot,
Do any of the vertical or horizontal lines appear to be wavering,
vibrating, or shining?
Is there change in color or tint?

Important:

- Perform this test every day. You will soon have a mental image of what appears “normal” to you.
- If you observe any changes, make arrangements to be seen by an eye doctor as soon as possible.