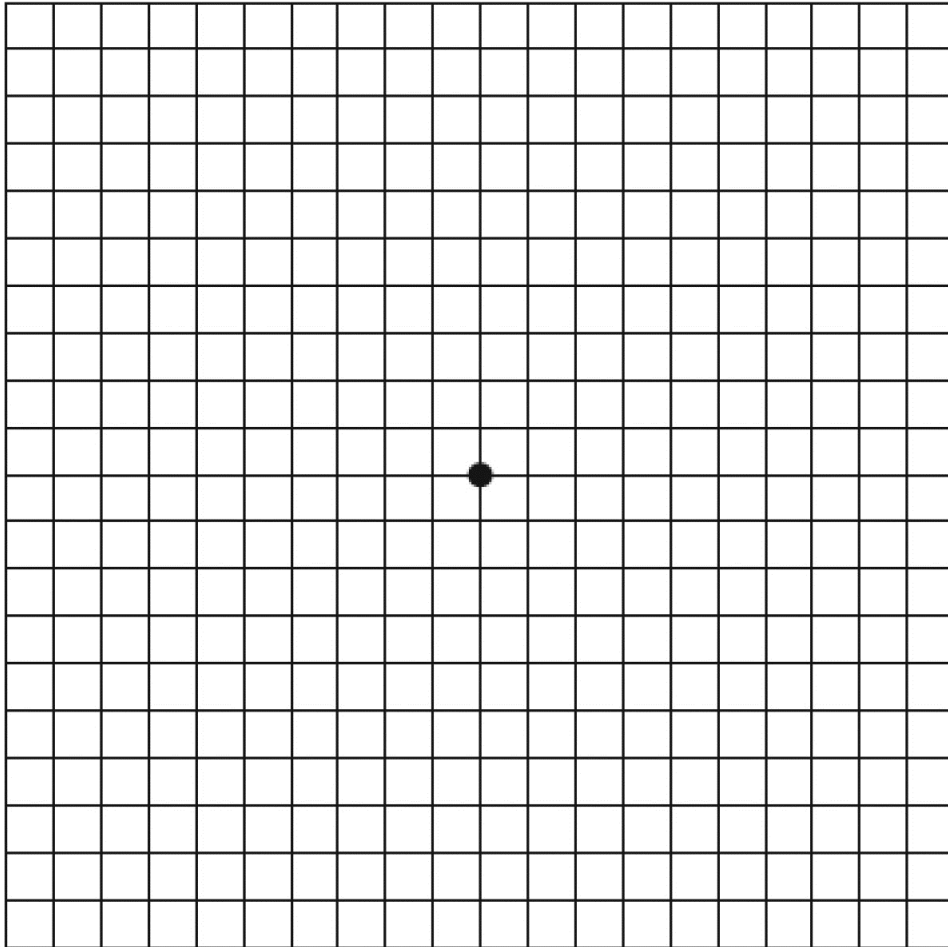


Amsler Grid Chart

Name:

Date:



Instructions for patients (for self-evaluation)

1. Find a well-lit area to perform the test. It is important to ensure that the lighting is not too bright or too dim.
2. If you wear reading glasses or contact lenses, make sure to wear them while performing the test.
3. Hold the Amsler grid chart at a comfortable distance from your eyes. This is typically around 30-40 centimeters (12-16 inches) away.
4. Cover one eye with your hand or an eye patch, and focus on the central dot of the grid with the uncovered eye.
5. Look at the grid and observe if any lines appear wavy or distorted. Also, check if any areas on the grid appear blurry, blank, or missing.
6. Repeat the same process with the other eye, covering the previously uncovered eye.
7. If you notice any changes in the grid, such as distortion, or missing or blurry areas, mark them on the chart with a pen or pencil. You can also note down the date and time of the observation.
8. Inform your ophthalmologist or optometrist immediately if you notice any changes in the grid. These changes may indicate a serious eye condition that requires prompt medical attention.

Instructions for clinicians (for in-clinic testing)

1. Explain the purpose of the Amsler grid test to the patient, and its importance in monitoring and detecting any changes in their vision.
2. Ensure that the patient is in a well-lit area and wearing their corrective lenses, if any.
3. Provide the patient with the Amsler grid chart and instruct them to hold it at a comfortable distance from their eyes, typically around 30-40 centimeters (12-16 inches) away.
4. Instruct the patient to cover one eye with their hand or an eye patch, and focus on the central dot of the grid with the uncovered eye.
5. Ask the patient to look at the grid and observe if any lines appear wavy or distorted. Also, instruct them to check if any areas on the grid appear blurry, blank, or missing.
6. Tell the patient to repeat the same process with the other eye, covering the previously uncovered eye.
7. If the patient reports any changes in the grid, such as distortion, missing or blurry areas, mark them on the chart with a pen or pencil. You can also note down the date and time of the observation.
8. Review the patient's results with them, and discuss any changes you may have observed or that the patient reported.

Additional Notes