

AMSLER GRID

Retina Specialists of Alabama, LLC

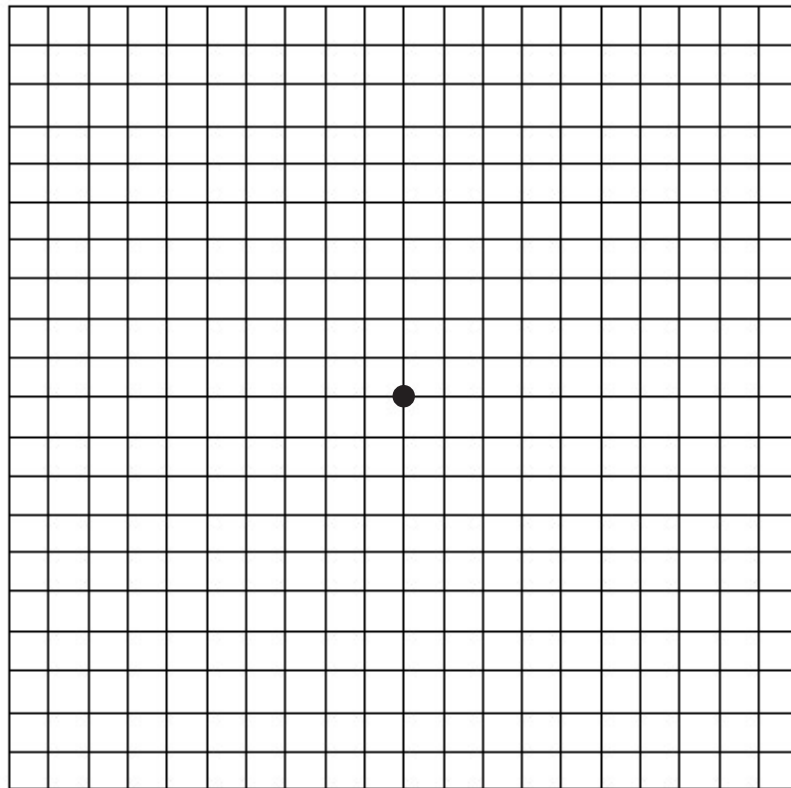
SELF-TESTING OF THE MACULA

Amsler grid testing is a very sensitive method of detecting early changes in your central vision. The macula is the portion of the retina responsible for fine vision, including reading vision. Detection of macula disease in its early stages may prevent serious loss of vision

1. Place grid in a convenient place approximately 18 inches away--normal reading distance.
2. Check each eye separately covering the other eye. If you wear glasses for reading, us them during this test.
3. Look directly at the black dot in the center of the grid. Use your side vision to see the other lines of the grid without moving your focus from the center dot.
4. Note any irregularities of the grid pattern such as bent, fuzzy or wavy lines, dark or missing spots. Draw these on the printed grid and date them.
5. Check this grid regularly.

IF YOU NOTICE A CHANGE IN YOUR VISION ON THE AMSLER GRID TEST, YOU SHOULD CONTACT YOUR EYE DOCTOR.

If you have Amsler grid defects already, you will be looking for any changes in these defects or the appearance of new defects. Particular attention should be given to sudden changes.



Date: _____