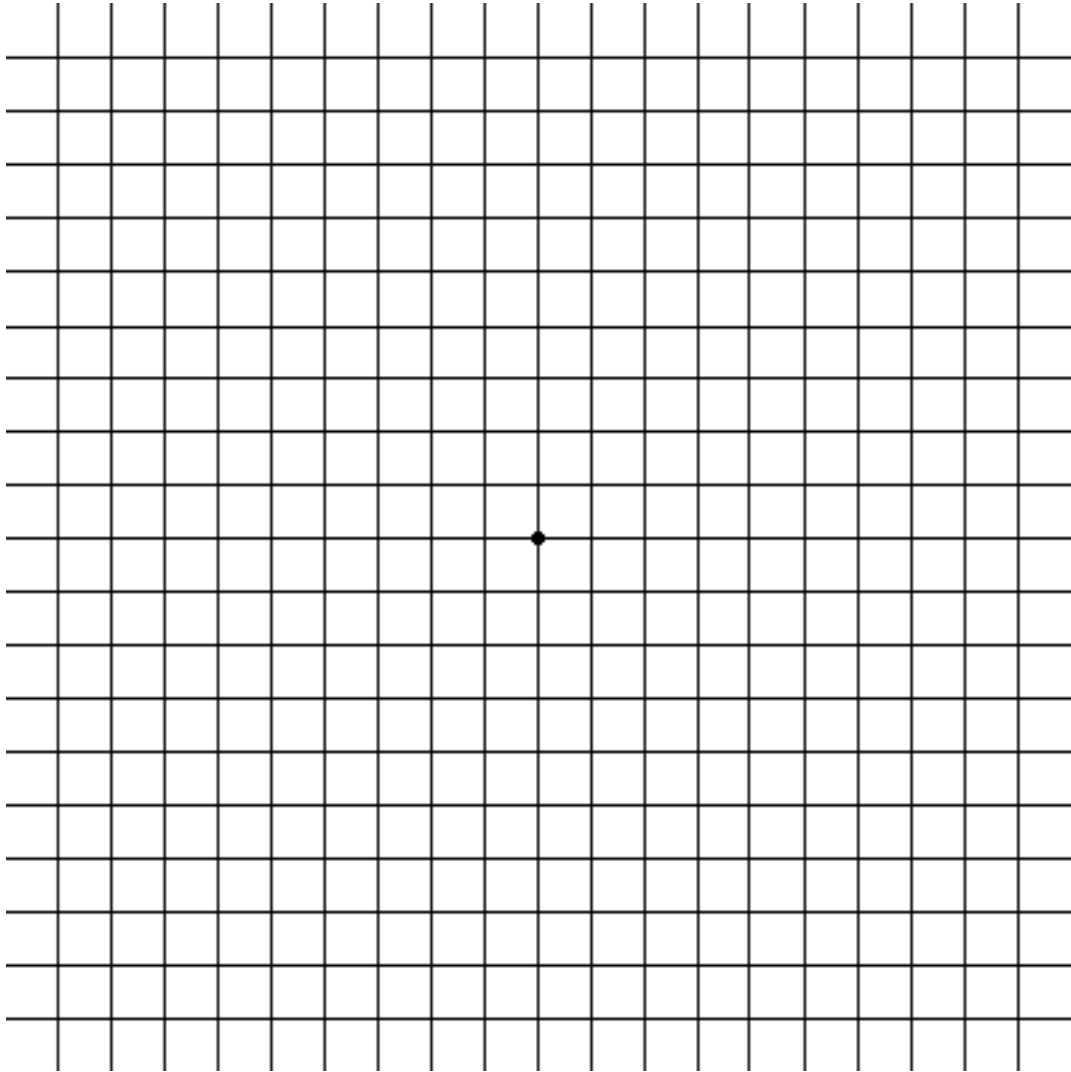


Amsler Grid



- Use a bright reading light
- Wear your reading glasses if appropriate
- Hold the chart approximately 14-16 inches from your eye
- Cover one eye
- Look at center dot
- Note irregularities (wavy, size, gray, fuzzy)
- Repeat the test with your other eye
- Contact ophthalmologist if you see any irregularities or notice any changes