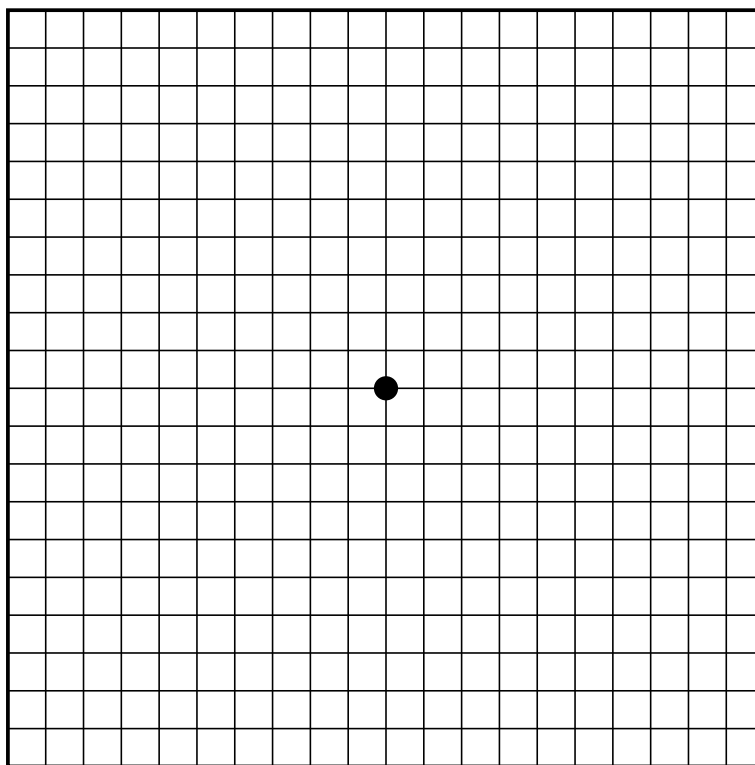


Amsler Grid

A simple home check for changes in your central vision

Dr Paul Zhao, Retina Specialist

Eagle Eye Centre
retinadoctor.com.sg



Check the print: this line should measure exactly 10 cm. If not, reprint at 100% or "Actual size".

How to test

1. Use good, even lighting. Wear your usual reading glasses or contact lenses.
2. Hold the grid at normal reading distance, about 30 cm from your eyes.
3. Cover one eye completely.
4. Look steadily at the central dot and keep looking at it throughout the test.
5. Without moving your gaze, notice whether every line looks straight and every square looks the same size.
6. Repeat with the other eye covered.

What to look for

While looking at the dot, note any lines that look **wavy, bent or broken**; areas that are **blurred, missing, grey or dark**; squares that look **different in size**; or corners and edges of the grid that you **cannot see**.

When to contact your eye doctor

If you notice anything **new or worse** compared with your last check, contact your eye doctor promptly rather than waiting for your next appointment. If you have a **sudden loss of vision**, seek urgent medical attention.

How often

Check as often as your eye doctor advises. Keep the grid somewhere you will see it, such as on the fridge, and use the log on the next page to record your checks.

Amsler Grid Log

Record each check so you can spot changes over time

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For each eye, tick **Same** if the grid looks the same as last time, or **Changed** if anything looks different. Describe any change in the notes, for example where on the grid it appears. Bring this sheet to your next appointment.

Date	Right eye	Left eye	Notes
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
	☐ Same ☐ Changed	☐ Same ☐ Changed	
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	☐ Same ☐ Changed	☐ Same ☐ Changed	
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	☐ Same ☐ Changed	☐ Same ☐ Changed	

Clinics at Mount Alvernia, Mount Elizabeth Novena, Mount Elizabeth Orchard and Parkway East. Mon to Fri 9am to 5pm, Sat 9am to 12pm. The Amsler grid is a self-monitoring aid. It does not replace a regular eye examination, and not every eye problem shows up on it.