



1. Use glasses worn for reading.
2. View the grid from a comfortable reading distance (approximately 14 inches).
3. Cover one eye.
4. Look directly at the center dot with the other eye.
5. Note any new distortion, wavy lines, blurred areas, or blank spots anywhere on the grid.
6. Contact **844.RGW.DOCS** if new changes occur.
7. See **www.rgw.com** for an "on-Line" Amsler Grid

AMSLER GRID

Proper use of the grid will enable you to detect very subtle changes in your vision which may indicate leakage under the retina. Early detection and treatment of retina leakage is vital to vision preservation.

To perform the test properly, wear the glasses that you normally wear for reading. If you wear bifocals, use the bottom portion or reading portion of the glass. Attach the Amsler Grid to a wall at eye level and stand 12 to 14 inches (comfortable reading distance) away from it. Cover one eye. With the other eye, look at the center dot.

While you are looking at the center dot you should be able to see four corners of the square. You should also be able to see that the large square is composed of many smaller squares.

The first day you observe the grid, mark with a pencil any areas of distortion, any gray or blurry spots, or any blank spots. This will be your baseline pattern. We recommend that you place the grid where you will see it every day (such as next to your bathroom mirror or on your refrigerator door).

Every morning look at the center dot of the grid. If you notice new areas of distortion, wavy lines or enlargement of the blank spots, please call to arrange an appointment. Your evaluation will include a retina examination and eye photography to determine whether your new symptoms are due to leakage under the retina and choroidal neovascularization.

If you have any questions regarding the use of the Amsler Grid please call The Retina Group of Washington at **844.RGW.DOCS**.

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