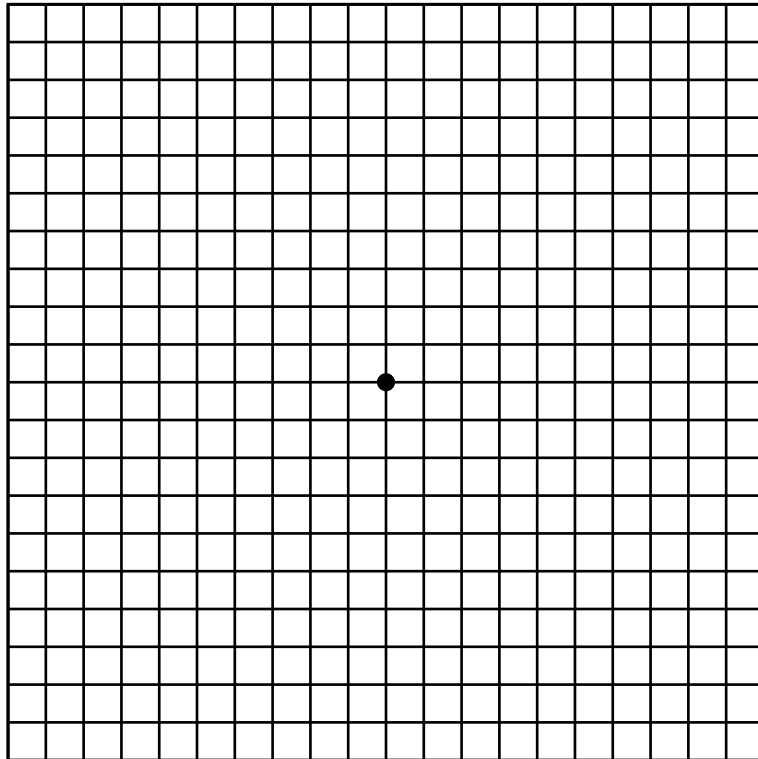


Amsler Grid



Instructions for Use

1. Wear your reading glasses if you normally use them.
2. Hold at reading distance (30-40 cm / 12-14 inches).
3. Cover one eye completely with your hand.
4. Focus on the central dot. Do not look away.
5. Notice whether all lines appear straight and even.
6. Note any wavy, distorted, blurred, or missing areas.
7. Repeat with the other eye.

If any changes to the grid occur, contact your eye care provider.

These changes may indicate a retinal condition requiring evaluation.