

# Check Your Vision with the Amsler Grid

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The Amsler Grid is a helpful way to track vision changes at home. Repeating the quick and simple test regularly can help you notice changes in your vision between eye appointments.

## To check your vision, follow these simple steps:

1. Wear the glasses you normally use when reading.
2. Hold the grid about 12–15 inches away from your face, in bright lighting, and at eye level.
3. Cover 1 eye.
4. Focus your uncovered eye on the center dot.
5. Continue to look at the dot. Note if all grid lines look straight or if any lines or areas look blurry, wavy, dark, or blank in your side vision.
6. Repeat these steps with your other eye.

**Repeat regularly for each eye.**

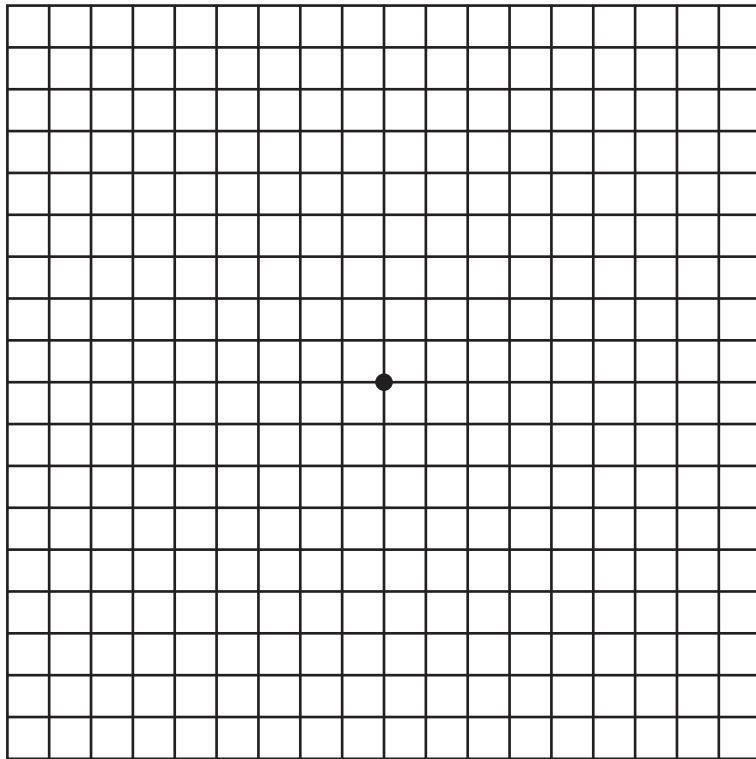
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If any sections appear blurry, wavy, darker, or blank, **contact your eye doctor to have your vision professionally checked.**

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Your eye doctor is the best person to check your eyesight and this resource is not intended to provide individual treatment or medical advice. You should always speak with your eye doctor about questions or concerns you may have about your vision.

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