

Amsler Grid Test

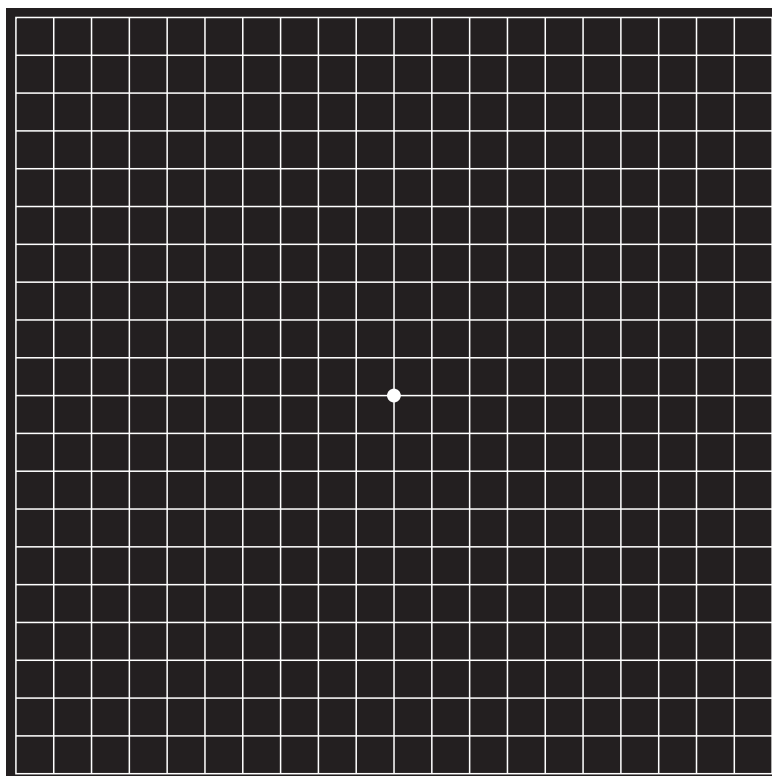
- Place yourself 60 cm from the grid.

- Do not remove your glasses or contact lenses if you normally wear them.

- Cover one eye and focus on the dot at the centre of the grid.

- If the lines around the dot appear wavy, distorted or blurred at any point, your macula may be affected and you should see your ophthalmologist without further delay.

- Repeat the process with the other eye.



*The grid is 10 x 10 cm in size (0.5 cm each square).