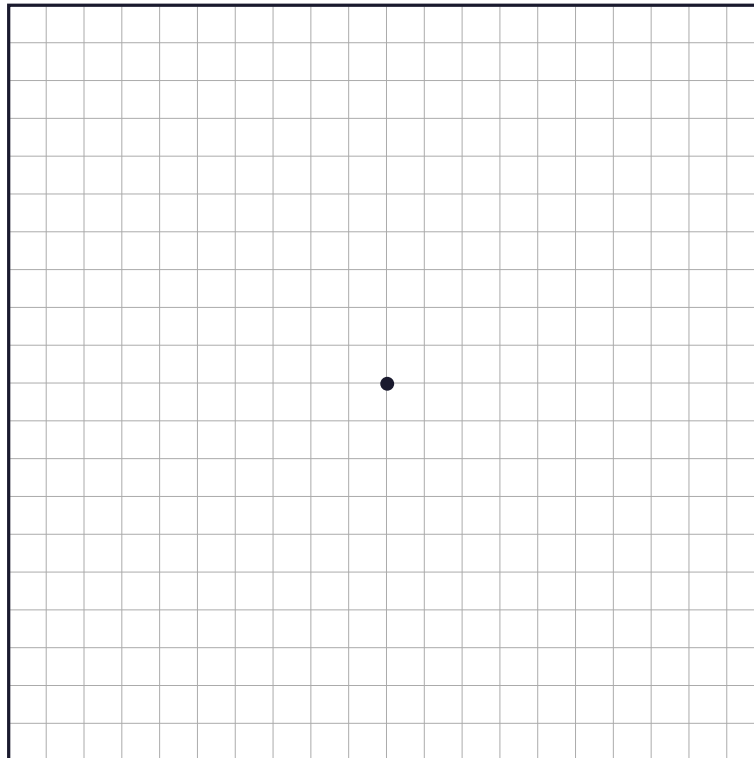


Amsler Grid — Daily Vision Monitoring Tool

Recommended for patients monitoring macular degeneration and central vision changes.



How to Use This Grid

1. Wear your reading glasses if you normally use them.
2. Hold this page at a comfortable reading distance, around 30 to 40 cm from your face, in good lighting.
3. Cover one eye completely with your hand. Do not close it.
4. Fix your gaze on the centre dot with your open eye and keep it there.
5. Without moving your eyes, notice whether the surrounding lines look straight, even and complete.
6. Repeat with the other eye.

If you notice wavy, distorted, dark or missing areas,
contact your optometrist promptly. Do not wait for your next scheduled appointment.

What to Look For

- | | |
|-------------------------------|---|
| Straight, clear lines: | Normal result. Continue daily checks and attend regular eye exams. |
| Wavy or bent lines: | May indicate drusen or early fluid changes in the macula. Seek advice promptly. |
| Dark or missing areas: | May indicate a scotoma. Contact your optometrist immediately. |