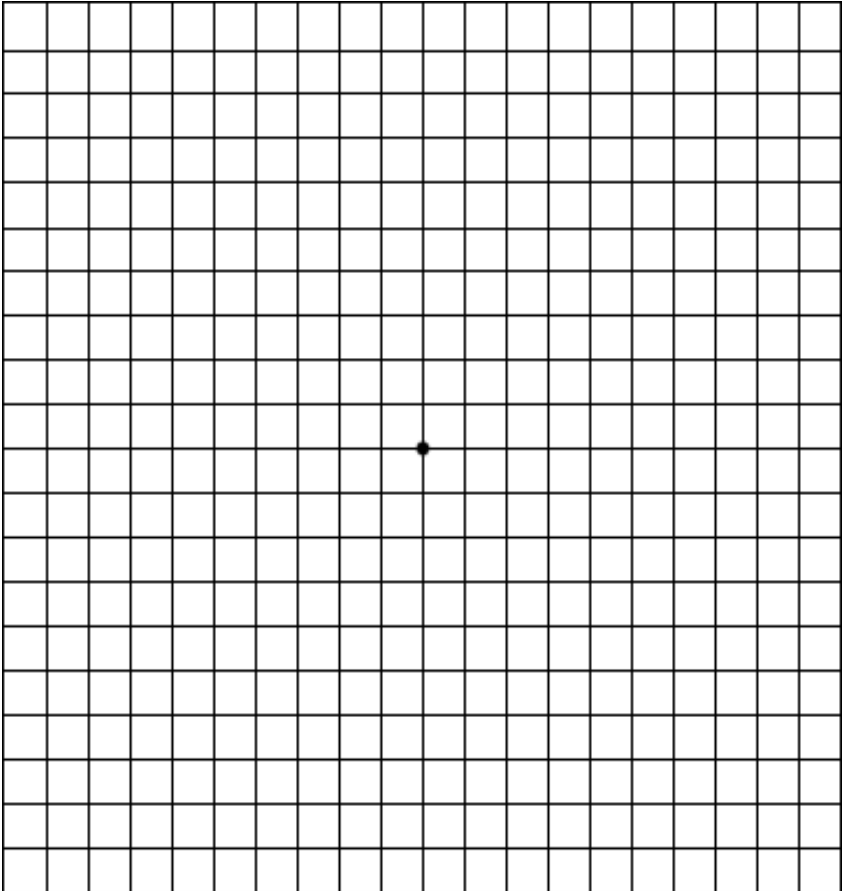


Amsler Grid



Jaheed Khan, Consultant Eye Surgeon
Moorfields Eye Hospital &
Clinica London, 140 Harley Street, London

0203 432 5752

Instructions overleaf



Amsler Grid

- 1) Wear the glasses you normally wear when reading
- 2) Hold the Amsler chart away in a comfortable reading position within a well lit room
- 3) Cover one eye and focus on the dot in the centre of the chart with your uncovered eye
- 4) If you see any wavy, distorted lines or blurred or missing areas of your vision mark them on the chart - you may have symptoms of macular degeneration
- 5) Repeat the test with the other eye

If you have any symptoms described, please contact your local optometrist or ophthalmologist within a week

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