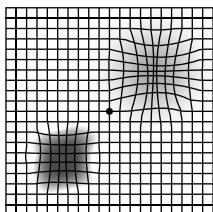


Use this Amsler grid regularly (eg. every few days) to test your macula

- 1 Wear your normal reading glasses or contact lenses.
- 2 Test one eye at a time.
- 3 Look at the grid at eye level, approximately 33 cm away.
- 4 Cover one eye and focus on the centre dot with your uncovered eye.
- 5 Do not let your eye drift from the centre dot.



Contact your optometrist or eye doctor urgently if:

Any of the grid lines appear wavy or bent, or there are blurred or missing patches, or you have noticed any new changes on the grid from previous tests.

These may be symptoms of treatable macular degeneration.