

## Amsler grid test

Amsler grid test is one of the simplest and most effective tests used for early detection of macular diseases.

Instructions:

1. **Print** this page. This test should be performed in an evenly lit room, preferably in daylight. Use your eyeglasses or contact lenses if you normally wear them.
2. Place the grid **30 to 40 centimeters** away from your eyes.
3. **Cover one eye** with the palm of your hand (do not press hard).
4. **With your uncovered eye focus on the black dot** in the center of the grid.
5. All the lines you see should be straight. If you notice any wavy, broken or distorted lines, contact your ophthalmologist immediately (find additional information at [www.opto-centar.hr/eng/eye-clinic.html](http://www.opto-centar.hr/eng/eye-clinic.html)).
6. Repeat the process with your other eye.

