



# Amsler Grid

Ophthalmology Department Greenlane Clinical Centre

## **AMSLER GRID**

### **What is an amsler grid?**

An amsler grid is a specific grid made of evenly spaced horizontal and vertical lines with a small dot in the centre of the grid (for fixation). It is a diagnostic aid used predominantly to assess the macula. This is the part of the eye that allows us to read and see straight ahead.

### **Why do I need to use the amsler grid?**

You have some damage to the macula and it is important that the extent of this damage is monitored. The amsler grid will show any subtle changes in your vision; this can be acted upon promptly however previously lost vision cannot be regained.

### **How do I use the Amsler grid?**

- Firstly if you wear reading glasses these must be used for the test
- The test should be done in a well-lit room; the grid should be 30cms away, approximately at arm length
- Cover your left eye; look directly at the central spot with your right eye. Then repeat the steps with the right eye covered, checking your left eye
- This should be done on a weekly basis.

### **What am I looking for?**

- Ask yourself are you able to see the corners and sides of the square?
- Do you see any new wavy lines? It is a good idea if lines appear wavy, to mark them onto the grid
- Are there any blurred or missing areas on the grid?

If the answer to any of the above is yes, contact the eye department. An ophthalmic nurse who will be able to provide advice between 7.30am and 4.30pm

Phone 3074949 ext 27630

Weekends and after hours contact 3074949 ext 27676