Amsler Grid Self Test

One reliable way for a person who has had laser treatment to measure changes is to learn to use the Amsler grid self test with the large “X”. It may take some practice to learn to do the test without difficulty and accurately, but with this simple test, using a piece of paper and a pencil, the spot that was caused by the laser can be traced. By tracing it every day, it will be immediately evident when the spot has gotten bigger, or if a new spot has occurred somewhere else. If this happens, it usually indicates that the abnormal blood vessels have recurred. A person who has had successful laser treatment must use the Amsler grid everyday for the rest of his or her life. If there is a change, see your eye doctor promptly.

We recommend you make copies of the Amsler grid and use your copies for drawing the spot. Use the Amsler grid recording chart to test your vision each day.

1. Wear your reading glasses and hold the Amsler grid at a normal reading distance.
2. Cover one eye.
3. Look at the center dot and keep looking at it at all times.
4. While looking directly at the center, be sure that all the lines are straight and all the small squares are the same size.
5. If you should notice any changes on the grid such as distortion, blur, discoloration, or other abnormality, and it stays that way for a few days, call and see your eye doctor right away.
6. Be sure to test the other eye in the same manner.