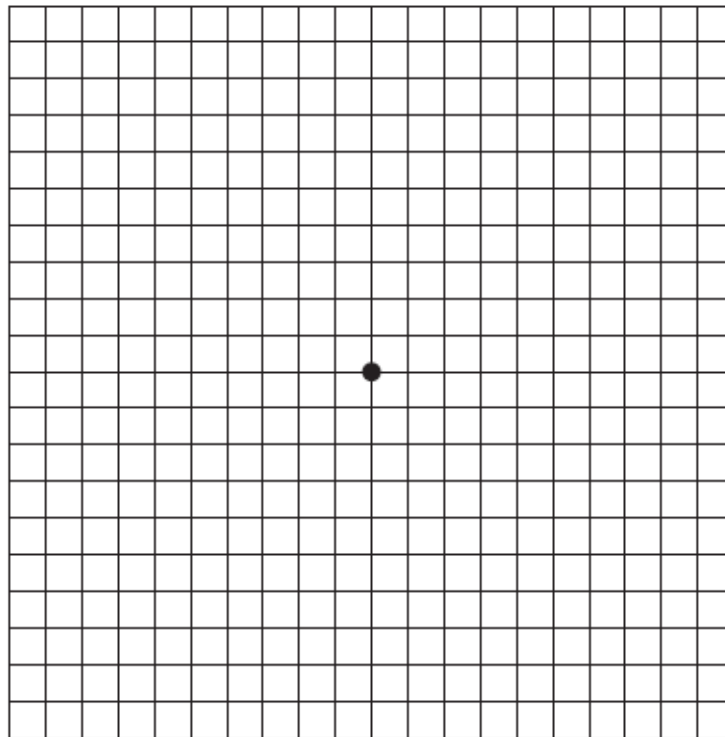


Retina Doctor

Dr Devinder Chauhan
MBBS MD FRANZCO FRCOphth.

Ophthalmic Surgeon,
Retinal and Macular Specialist

Monitoring your vision every day is important—
print out this grid and keep it in a convenient place.



Use this Amsler grid to check your vision every day.

How to use:

- Wear the glasses you normally wear when reading
- Test one eye at a time by covering one eye with your hand
- Hold the chart about 35cm away from your eyes
- Stare at the dot in the centre for the whole test

Contact your eye doctor immediately if:

- Any lines appear wavy or bent
- Any of the boxes differ in size or shape from the others
- Any of the lines are missing, blurry or discoloured